# Post-Operative Instructions for Forehead Lift

Please follow the instructions below carefully after your forehead lift surgery to support proper healing and recovery.

## 1. Position and Rest

- For the first 48 hours after surgery, it is best to avoid excessive activity and get plenty of rest.
- For up to 1 week after surgery, sleep with your upper body elevated so that your head is positioned higher than your heart. This can help reduce swelling.
- Please sleep on your back with your face facing upward. Avoid sleeping on your side or stomach.

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## 2. Diet

- For 2–4 weeks after surgery, avoid hard or chewy foods and avoid opening your mouth too wide.

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## 3. Swelling and Bruising

- Swelling and bruising may increase during the first 48 hours after surgery, then gradually improve over the next 2–4 weeks.
- Recovery speed may vary from person to person.
- Apply a gentle cold compress for the first 3 days after surgery. After that, applying a gentle warm compress for about 1 week may help reduce swelling and bruising.

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## 4. Incision Care and Dressing

- The bandage applied immediately after surgery is usually removed on the day after surgery, although this may vary depending on your recovery progress.
- After the bandage is removed, keep the incision area uncovered and exposed to air.
- Disinfect the incision area using a disinfectant purchased from a pharmacy, then apply a thin layer of the prescribed eye ointment to the incision area three times a day.

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## 5. Face Washing, Showering, and Hair Washing

- Until your stitches are removed, wash your face carefully and avoid getting water on the incision area. You may shower your body only.
- You may wash your hair from day 3 after surgery. It is best to wash your hair with your head tilted backward as much as possible.
- When washing your hair, do not rub the incision area. Cleanse gently by rinsing with shampoo foam. When drying your hair, avoid hot air and dry the area completely using cool air.
- Avoid direct sunlight for 3 months after surgery. When going outside, wear a hat or apply sunscreen.
- Avoid saunas and Korean bathhouses/jjimjilbangs for 1 month after surgery.

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## 6. Stitch Removal

- Stitches are usually removed about 10 days after surgery.

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## 7. Exercise and Daily Activities

- Light daily activities may usually be resumed from 1 week after surgery.
- Light exercise is recommended from 2–3 weeks after surgery, while strenuous exercise should be avoided until at least 4 weeks after surgery.

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## 8. Medication

- Please take your prescribed medication regularly and exactly as directed.
- If you experience any unusual reactions after taking the medication, such as diarrhea or hives, please contact the clinic.
- Avoid aspirin, vitamin E, and similar products for 1 week after surgery, as they may increase the risk of bleeding.

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## 9. Alcohol and Smoking

- Alcohol and smoking may increase the risk of bleeding, delay wound healing, and increase the risk of infection. Please strictly avoid alcohol and smoking for at least 1 month after surgery.

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## 10. Recovery Process

- Tightness, reduced sensation, or a foreign body sensation in the forehead and scalp are part of the normal healing process and usually improve gradually over several months.
- Forehead movement may feel temporarily awkward, or the eyebrow position may feel slightly overcorrected at first. This will gradually become more natural as you heal.
- During the swelling and tissue recovery process, the area around the incision may temporarily look uneven or bumpy. This usually improves within 2–6 months.
- If a fixation device such as Endotine was used, you may feel a foreign body sensation in the scalp. The device is gradually absorbed by the body over several months, so do not press firmly on or irritate the area.

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## 11. Emergency Situations

- Please contact the clinic immediately and visit the clinic if you experience sudden severe swelling, pain, bleeding, heat, or changes in skin color within the first 48 hours after surgery.

RINE
Plastic Surgery Clinic

Email: consult@rineps.co
WhatsApp: +82 10 7545 8215
9F, 535, Gangnam-daero, Seocho-gu, Seoul, Republic of Korea

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