

foreheadlift

Instructions for the Patient

Before the Intervention:

- You are advised to stop smoking during the month before the intervention and treat the skin of your face with Chiroxy cream (Auriga).
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. You can replace Traumeel by taking Arnica 9CH, 8 days before the surgery (5 granules 2 times a day, 1/2h before your meal in the morning and in the evening) and on the day of the surgery Arnica 9CH and Apis 15CH (5 granules in the morning on an empty stomach).
- You are advised to take "Nutrimonium" food supplements during the month before the intervention.
- On the day of the operation, you are advised not to wear make-up or use day cream.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.
- During the morning before the intervention, your hair must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).
- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly.

It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30 €).

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 2 "Traumeel" tablets every hour for 7 days after the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. Or you can replace the Traumeel with 1 dose globulli Apis 15CH and Arnica 9CH.
- You are advised to take Paracetamol at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken two times a day.
- An oedema will appear after the operation, but it will disappear of its own accord after a few days. Some bruising will remain visible for about ten days.



- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- You can wash your hair as from the third day after the intervention. We advise not to use any hair blower for two weeks after the surgery and no painting before 6 weeks after the surgery.
- The stitches will be removed after 10-14 days, by your doctor or at Beclinic.
- Once the stitches have been removed, the scars can be massaged with Cicalfate (Avène). When they are closed, a silicone dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to help the healing process. It is important to protect them from the sun for at least a year.
- Wearing make-up before all the stitches have been removed is forbidden.
- It is recommended that you do not carry any heavy objects or do any sport for four weeks after the intervention.
- You are advised to take “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.

Do not hesitate if you would have further questions.

Kind regards,
Beclinic team