

## foreheadlift

### Instructions for the Patient

#### Before the Intervention:

- **Before the Intervention:**
- You are advised to stop smoking during the month before the intervention.
- 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 "Nutrironium" 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 globuli 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.  
Depending on the procedure, you will be given an adjusted pain schedule!



- 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 a longer time.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for five days with your head slightly raised on two pillows.
- \* Ice may be applied but never directly to the skin. Always protect the skin. Do not apply ice longer than 5 minutes each time. (max 4/5 times a day)
- You can wash your hair as from the fifth day after the intervention. We advise not to use any hair blower for two weeks after the surgery and no colouring 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 cream (of the "Bapscarcare" 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 6 weeks after the intervention.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email [webinfo@beclinic.com](mailto:webinfo@beclinic.com) or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

- After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

Do not hesitate if you would have further questions.

Kind regards,  
Beclinic team