



## **Post Operative Care Instructions for Brow Lift**

1. After your surgery keep your head elevated on at least 2 pillows. While awake in bed, flex your feet and legs 3-5 times every hour. When getting out of bed to go to the bathroom, do so only with assistance, especially if your eyes are swollen.
2. Apply surgical cold ice pack or surgical gauze pad with crushed ice to your surgical site as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have.
3. For the first 48 hours please avoid any type of straining. However, it is good to get out of bed and sit in a chair after surgery. Walking is also encouraged.
4. If you have discomfort/anxiety, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
5. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
6. You can expect swelling of the face and eyes after surgery. If the swelling on one side is more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication, call the office at (703) 893-3937.
  - If your eyes feel dry, use a tear substitute as needed. (Refresh Plus is excellent; you can buy it over the counter). You may use the drops as often as every 30 minutes as needed to keep your eyes moist and comfortable, dryness can be secondary to not been able to close your eyes completely after surgery due to swelling.
7. You can remove any remaining head bandages 48 hours after surgery and wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out, this is good for getting out crusts left in your hair. It may take several washings to get all the crusts out. Do not use hair spray while stitches are in place. You may use moisturizer on your face.
8. If you have sutures, they will be removed in 7 days.

9. Your hair may be blown dry with a blow dryer on a cool, not hot, setting.
10. Hair coloring should be delayed for 6 weeks after surgery until healing is completed and no crusting remains.
11. Excessive and strenuous activities should be avoided for 2 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk).
12. You may have a dull-type headache for several days after surgery. This is normal.
13. Tightness of the eyelids is normal after surgery. This may make it hard to close your eyes completely. This will relax with time.
14. Contacts may be worn when the eyes start feeling normal and most of the swelling has subsided. This is usually around 4-5 days.
15. Your forehead will feel tight and there will be a feeling of numbness for several months. This will gradually disappear and the feeling will return in about 6 months.
16. All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
17. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
18. If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.