



Brow Lift Post-Operative Care **Guide**

WHAT TO EXPECT BEFORE THE PROCEDURE?

- Discontinue all NSAIDs (Brufen, Dispirin, Dicloran, etc.) medicines 2 weeks prior to the surgery.
- Please avoid drinking alcohol 48 hours prior to surgery.
- Please avoid drinking herbal teas and herbal supplements 1 week prior to surgery.
- Please avoid caffeine drinks 48 hours prior to surgery (coffee, energy drinks).
- Please have nothing to eat or drink for 6 hours before your surgery, if you are getting the procedure done under general anesthesia.
- Please wear comfortable clothes the day of your surgery.
- Please arrange for an escort to take you home after your surgery.
- On the day of surgery please refrain from wearing jewelry and leave your valuables at home.
- Please don't wear contact lenses the day of surgery and for two weeks after surgery.

WHAT TO EXPECT AFTER THE PROCEDURE?

- 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.
- Apply cold compresses to your eyelids and surgical site as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have.
- 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.
- If you have discomfort/anxiety, take the medication prescribed every 4-6 hours. Do not take the pain medication if you do not have pain.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and milkshakes. You can start with a soft regular diet the next day.
- You can expect swelling of the face and eyes after surgery.
- If your eyes feel dry, use a tear substitute (Tears Naturale Eye Drops) as needed. You may use the drops as often as every 30 minutes as needed to keep your eyes moist and comfortable.

- 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. It may take several washings to get all of the crusts out. Do not use hair spray while stitches and staples are in place. You may use moisturizer on your face.
- If you have sutures, they will be removed in 5-7 days. If you have staples, they will come out at 7-10 days.
- Your hair may be blown dry with a blow dryer on a cool, not hot, setting.
- Hair coloring should be delayed for 3 weeks after surgery until healing is completed and no crusting remains.
- Excessive activities should be avoided for 3 weeks and do not lift more than 5 kg.
- You may have a dull-type headache for several days after surgery. This is normal.
- Tightness of the eyelids is normal after surgery. This may make it hard to close your eyes completely. This will relax with time.
- Contacts may be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually around 4-5 days.
- 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.
- 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.

WHEN TO CALL THE CLINIC IMMEDIATELY?

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications.
- If you develop a fever (oral temperature greater than 101°F), redness or a purulent (or foul smelling) discharge from the surgical incisions.
- If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication.

POST-OPERATIVE TIMELINE:

- Day 1: Your incision lines will be assessed.
- Day 10: The sutures/clips are removed.
- Day 14-21: With 90% of the patients, most of the swelling and bruising will have disappeared.
- Most of the residual swelling will probably be resolved by week 6 but the very last 10% of swelling may take up to a full year to disappear.

RESUMING ACTIVITIES (SUMMARY):

- Wearing eyeglasses and sunglasses – the day after surgery.
- Driving – 1 week.
- Bathing, showering, and shampooing – 2 days after surgery but avoid the eyebrow area.
- Contact lenses – 2 weeks.
- Smoking – 1 month (preferably never).
- Alcohol – 2 weeks.
- Return to work or school – variable, but usually 7 – 14 days.
- Hair coloring or permanent – 3 weeks.
- Recreational swimming, jogging, tennis, weight training, cycling, and aerobics – 3 weeks.
- Competitive sports, contact sports, skiing, diving – 6 weeks.

