



POST OP BROW LIFT INSTRUCTIONS

Introduction

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

- After 24 hours, you may start washing your hair. You may use a moisturizer on the face but keep it away from suture lines.
- Hair color should be delayed for 4 weeks after the surgery.
- Be careful using a comb or brush as it may get caught in the suture line. Your hair may be blow dried but only in the cool setting!! (If scalp incisions are present)
- Do not apply any cream or ointment. Only use bacitracin or neosporin to brow sutures once daily for 5 days.
- You may walk and climb stairs as soon as you feel fit to do so without any restrictions.
- Gradually work back up to pre-surgical activities after three weeks. Strenuous activity can be resumed after 4 weeks.

Sun and heat exposure

Your surgery will leave a scar and it may take well over a year to fade and blend in with surrounding skin. No matter how small the scar, sunlight can cause permanent darkening of your scar. Sunlight can even go through your clothes.

Do not expose your incision/scar to direct sunlight for a year from the time of surgery. Use sunscreen with a SPF for at least 30 when you go out. Wait for 2 weeks from the date of surgery before starting to use sunscreen. Wear a wide brim hat and sunglasses.

Do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth) for at least 4 weeks after surgery or permanently if you have areas of decreased sensation around the scars.

Other instructions

For two weeks after the operation, do not use Aspirin, ibuprofen or similar medications. For a complete list please see above. You may use regular Tylenol.

You should do breathing exercises for one week after surgery or until you are able to get up and walk around comfortably. This is to prevent pulmonary complications of general anesthesia

When to call the office

Call the office if you are unable to tolerate food or liquids for more than 24 hours, if you are vomiting for more than 24 hours or become dehydrated even if less than 24 hours.

Call the office immediately for a fever of 101F or higher.

Call the office if there is increasing pain, redness, swelling, and warmth or pus drainage at the incision/wound.

List of medications to use after surgery (please pick up prior to surgery):

Prescription:

Pain medication

Over the counter:

Bacitracin or neosporin

Lubricating eye drops (nothing medicated)

Extra strength Tylenol if not taking pain medication