

# BROW LIFT

## Pre-Operative and Post-Operative Patient Instructions

### PRE-OPERATIVE INSTRUCTIONS FOR BROW LIFT SURGERY

#### SHOPPING LIST

**Prescriptions**

*Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.*

**Stool Softener (preferably MiraLAX)**

**Helps with constipation associated with narcotic pain relievers.**

**Tylenol (Acetaminophen)**

*Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.*

**Crushed ice/frozen peas wrapped in a towel**

*Apply to the surgical site 20 minutes on and 20 minutes off for the first 3 days following surgery.*

**Artificial Tears**

*Or preservative free lubricating eye drops (Such as Systane.)*

**Arnica**

*Take 3 tablets 3 times a day starting 3 days before your procedure date.*

**Gentle Shampoo (Baby Shampoo)**

*Start Using 2 days after your procedure.*

**Avoid Combs or harsh hairbrush**

*Avoid snagging sutures or staples.*

**Hibiclens**

*Used to wash hair the night before and morning of surgery.*



## **NIGHT BEFORE SURGERY**

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **Set Up Home Recovery Area:** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- **Hibiclens:** The night before & morning of surgery use as instructed. Wash hair and face avoiding the eye area.

## **DAY OF SURGERY**

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **DO NOT wear** any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.
- **Remove/Avoid hair extensions, weaves, braids.** Hair and scalp must be clean to reduce infection

## **POST-OPERATIVE INSTRUCTIONS FOR BROW LIFT**

## **NIGHT OF SURGERY**

- **Movement is Important:** Make sure you are up and walking around with assistance after surgery to avoid blood clots in legs. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- **Sleep:** Sleep on your back with your back elevated about 30-40 degrees (3-4 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.

## **MEDICATIONS**

- **Pain:** You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you can take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication; often the medication you



are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour period.** Take all medications with food to minimize risk of nausea.

- **Antibiotic:** Continue to take the antibiotic you have been prescribed until completely finished.
- **Nausea:** If you are experiencing nausea, which is common after general anesthesia as well as a known side effect of some stronger pain medications, we advise that you take your nausea medication.
- **Constipation:** You will experience constipation if taking narcotic pain relievers or dehydrated. MiraLAX or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use. Stay hydrated.
- **Medications to Avoid:** Only take the medications approved or prescribed by your surgeon. Avoid blood thinners or medications containing aspirin or ibuprofen (Advil, Motrin, Ibuprofen, others) for two weeks before and after surgery. These medications may increase bleeding.
- **Substances to Avoid:** Avoid alcohol and nicotine as these will dramatically slow the healing process.

## **NUTRITION**

- **Diet:** A light low-fat diet is best after surgery. You may start a regular diet after your surgery if you are not feeling nauseous or vomiting.
- **Hydration:** Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol while you are still having to take pain medications.

## **ACTIVITY**

- **Physical Activity:** Normal daily activity may be resumed a few days after surgery. Avoid bending or lifting over 10 lbs, or straining for one to two weeks. Do not wear any “pull-over the head” clothing for at least 2 week.
- **Cosmetic Products:** Do not wear makeup or use face creams for the first 4 days after surgery. Do not tweeze the eyebrows for one week. Do not apply any hair products.
- **Exercise:** Light exercise may be resumed 2-3 weeks after surgery. Remember to start easy and build back up to your previous exercise levels. At 4-6 weeks or when further instructed by your surgeon, more intense exercise can be started. Just know that swelling may transiently be worse with exercise.



- **Hair Treatments:** Coloring of the hair, perms, etc. are not recommended for at least 4-6 weeks after surgery.
- **Driving:** Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- **Return to work:** Most patients require approximately 5-7days off work depending on their job responsibilities and amount of face-to-face interaction.

## **BATHING**

- **Showering:** You may gently wash your hair and face 2 days after your brow lift. Use a very gentle shampoo such as Baby Shampoo. You may use any gentle facial cleanser. **Do NOT wash your hair the day after your sutures or staples are removed.**
- **Hair Care:** Lightly brushing your hair with a **gentle ultra-soft natural bristle brush** is permitted, however be very careful not to snag any sutures or staples. Hair dryers can be used on a low, cool setting to help dry the hair. **DO NOT USE HEAT** as your scalp is numb and you will burn yourself.
- **Hot Tubs/Baths/Swimming Pools:** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

## **HOW TO TAKE CARE OF YOUR INCISIONS**

- **Stitches/Staples:** Depending on which brow lift technique was used you may have staples or sutures in place. Do not pick or try to remove the stitches or staples yourself. Your surgeon will remove all necessary stitches or staples at your post-operative appointment.
- **Crusting:** Keep the incisions clean as best as possible but if some crusting develops do not pick at it. If the incision line is within the hair, showering will help resolve this on its own. If your incision line is along the hairline, you may gently clean with hydrogen peroxide applied to a soft cotton swab and apply ointment afterwards to keep incisions moist.
- **Sun Exposure:** Avoid and minimize sun exposure. Use SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

## **WHAT TO EXPECT**

- **Drainage:** Drainage can occur from the incision sites for the first week. The drainage will be blood tinged. You may dab the area to clean.
- **Bruising:** You can expect to have bruising. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve. Bruises can travel down to lower face and neck.
- **Swelling:** Swelling is to be expected in surrounding tissues for the first few weeks. You may feel “pulled or tight” due to the swelling. It is not unusual to have uneven or lumpy swelling on one side compared to the other, this will resolve as swelling settles. Contact the office for anything extreme.
- **Itching:** Itching at the incision sites is normal for a few days or weeks as you recover. You may take Benadryl to help with this. This may last longer in a minority of patients.
- **Pain:** It is normal to experience tightness, sharp shooting pain, pressure, soreness, and fatigue or migraines for several days to weeks following surgery as you recover. You may place a lightweight, cold compress on your upper eyes and forehead for up to 48 hours to help relieve swelling and discomfort.
- **Hair Thinning:** You may experience transient thinning of the hair in the areas adjacent to the suture line. This is also normal and usually will resolve itself in time.
- **Sensory Changes in Skin:** You may feel numbness in the incision line, forehead, and scalp and surrounding areas. This is normal and should usually subside over several months.

### **EMERGENCY SITUATIONS – Call 911 or GO TO THE NEAREST HOSPITAL**

- **Signs of Infection:** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- **Other Emergency Situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.