



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Brow Lift- Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE SURGERY

- Pick up and confirm you have all prescriptions before surgery.
- Purchase MiraLAX (stool softener), Tylenol (for pain), Artificial Tears Eye Drops, and cold compress supplies.
- Get Arnica tablets. If provided, take as directed starting after surgery.
- Nothing to eat or drink after midnight before surgery or Anesthesia will cancel surgery.
- Prepare a comfortable recovery area at home.
- Strictly follow and adhere to the “**Naderi Antibleeding Anti Bruising diet.**” See separate list.
- Avoid blood thinners and NSAIDs like aspirin, ibuprofen, naproxen, as well as nicotine, alcohol, and excessive caffeine.

DAY OF SURGERY

- **Shower well. Shampoo hair thoroughly twice and use antibacterial soap on face and body.**
- Wear loose, cool, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, lotion, skin products, sun block, deodorant, or hair products
- Remove jewelry, piercings, contact lenses,
 - Remove hair extensions, weaves, braids and lash extensions (if possible) as they can harbor bacteria
- You will need an adult friend or relative to drive you home.

FIRST WEEK AFTER SURGERY

- Sleep on your back with your upper body elevated 45 degrees. (Recliner or wedge pillow or multiple pillows)
- Apply cold compresses for 15–20 minutes every hour while awake for the first 3 days.
- Get up slowly and walk slowly but regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.
- Avoid tight neck shirts such as Turtlenecks.
- You may feel weak and dehydrated so be careful of falling. Stay hydrated.
- You may shower 48-72 hours** after drain removal or surgery (if you have no drains) but be careful of falling.
 - Use gentle pressure and lukewarm water. Do not rub incisions. Do not use combs or brushes around incision.
 - You may have a combination of sutures and staples.
 - You may have a drain. Keep drain bulb squeezed down and empty if needed as shown.

MEDICATIONS

- Take antibiotics as prescribed until finished. Notify us if you have any reactions.
- Use prescribed pain medication or Tylenol (if pain is mild).
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Use your nausea medication as needed.
- Begin stool softener when taking narcotic pain medication. Do not force or strain during bowel movement.
- Take your Medrol steroid dose pack as instructed.



INCISION CARE

- Once directed (on telehealth with your doctor), remove your pressure wrap the next afternoon after surgery.
 - If you have a drain, you will be seen in office for drain and wrap removal
- Clean incisions with Q-tip dipped in diluted Hydrogen Peroxide gently 3-4 times a day. "Roll the Q-tip." Don't scrub.
 - Mix half peroxide with half water in the cap then discard excess.
- Apply prescribed antibiotic ointment or Vaseline ointment as directed 3-4 times a day very gently.
- Do not pick or pull at incisions.
- Sutures are typically removed 1 week after surgery. Staples are typically removed around 10 days.
- Protect skin and incisions from sun exposure. Use a large loose hat.
- Avoid hair dryers as you will be numb and may burn your scalp
- Use HOCL (Hypochlorous Acid) spray on scalp and incisions 3 times a day as an antiseptic
- IF YOU HAVE A DRAIN, prevent it from pulling out. It will be removed by your doctor when deemed appropriate.
 - "Milk the drain" as shown by holding on to the drain close to the skin to prevent it from pulling out, then "milk the drain" by pinching and pulling the drainage towards the bulb.
 - Empty the bulb when more than 1/3rd filled and keep bulb "squeezed down" to create suction.

ACTIVITY AND RECOVERY

- Avoid lifting over 20 pounds for 2 weeks.
- Most patients return to work in 1-2 weeks.
- Avoid strenuous exercise for 3-4 weeks.
- Do not drive while taking narcotic pain medication.

NORMAL SYMPTOMS

- Swelling and bruising. Bruises can even be seen on lower eyelids all the way down to jowls and neck.
- Mild bleeding.
- Mild tearing.
- Nausea &/or migraines can be normal after a browlift.
- Mild asymmetries. Noticeable incisions.
- Hair thinning – usually temporary
- Scalp tightness, numbness combined with itchiness can be common for weeks to months. It should improve with time

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening swelling.
- Excessive bleeding.
- Rash or severe itching or blisters.
- Call 911 if you experience shortness of breath or chest pain.
- Call 911 if having sudden increase in pain or swelling or sudden loss of vision.