

Brow Lift

Pre-Operative and Post-Operative Instructions for Brow Lift

Shopping list

- Prescriptions**
Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.
- Stool Softener (MiraLAX or Metamucil)**
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 for 20 minutes every hour for the first 2 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.
- Large Toothed Comb or Wet Brush**
Allow for gentle combing of the hair after procedure.
- Hibiclens**
Used to wash hair the night before and morning of surgery.

Beth Collins, M.D.

PLASTIC & RECONSTRUCTIVE SURGERY & MED SPA

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 for a comfortable recovery.
- **Hibiclens:** The night before and the morning of surgery use as directed. 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.
- **Please remove ALL piercings**

Post-Operative Instructions for Brow Lift

NIGHT OF SURGERY

- **Movement is important:** Make sure you are up and walking around immediately after surgery. 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 head elevated about 30-40 degrees (2-3 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 are welcome to 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. Often the medication that is prescribed to you 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 the risk of nausea.
- **Antibiotic:** Continue to take the antibiotic you have been prescribed until finished
- **Nausea:** A common side effect after general anesthesia and strong medications. If you are experiencing nausea, we advise that you take your nausea medication.
- **Constipation:** It is quite common to experience constipation when taking narcotic pain medications or after having general anesthesia. MiraLax or other over the counter laxatives are recommended. Also beginning a regimen of Metamucil or other fiber supplement is also advisable. Do not wait until you are constipated.
- **Medications to avoid:** Only take the medications approved or prescribed by your surgeon. Avoid 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, nicotine, and caffeine, for these will dramatically slow the healing process.

Nutrition

- **Diet:** A light, low fat diet is best after surgery. You may start a regular diet the day after surgery if you are not feeling nauseous or vomiting. Start with liquids for the first few hours after surgery and then slowly advance to more solid foods.

- **Hydration:** Stay hydrated by drinking 8-10 glasses of water a day. Avoid alcohol for 48 hours after surgery and do not combine with pain medications.

Activity

- **Physical Activity:** Normal daily activity may be resumed a few days after surgery. Avoid bending, lifting for more than 5 lb., or straining for one to two weeks. Do not wear any “pull-over the head” clothing for at least a week
- **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.
- **Driving:** DO NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgement.
- **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.
- **Return to work:** Most patients require approximately 5-7 days off work depending upon their job responsibilities and amount of face-to-face interaction.
- **Hair treatment:** Coloring of the hair, perms, etc. are not recommended for at least 4-6 weeks after surgery.

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 combing your hair with a large, toothed comb is permitted, however be careful not to snag any sutures or staples. Hair dryers can be used on low, cool setting to help dry the hair.
- **Hot Tubs/Bath/ Swimming Pools:** No tub bath or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best you 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:** Occasionally, crusting may occur at the incision line. 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 must gently clean with hydrogen peroxide applied to a soft cotton swab and apply ointment afterwards to keep incision 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 bruising will resolve after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- **Swelling:** Swelling is to be expected in the surrounding tissues for the first few weeks. You may feel “pulled or tight” due to swelling. It is not unusual to have uneven or lumpy swelling on one side compared to the other, this will resolve as swelling settles.
- **Itching:** Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- **Pain:** It is normal to experience tightness, sharp shooting pain, pressure, soreness, itchiness, and fatigue 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.
- **Sensory changes in your skin:** You may notice numbness in the incision line, forehead, and surrounding areas. This is normal and should subside after a few weeks.
- **Hair Thinning:** You may experience transient thinning of the hair in the areas adjacent to the suture line. This is also normal and will resolve itself in time.

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EMERGENCY SITUATIONS

******When to call the office or go to the emergency room******

- **Signs of infection:** Spreading redness, worsening swelling, increased drainage, or drainage of pus, worsening pain, warmth at the incision site and temperature above 101.5°F
- **Excessive bleeding:** If the dressings are saturated with bright red blood and you are having to make 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 of your legs.