



## PRE & POST OP INSTRUCTIONS FOR BROWLIFT SURGERY

### Pre Operative:

Plan on minimal activity for the first 7 days following surgery and you will gradually be able to increase your activity. No housework, vacuuming, lifting or working out for the first week.

- Avoid Ibuprofen (Advil), aspirin, excessive quantities of Vitamin E (the small amount contained in most multi-vitamin preparations is not harmful), and all anti-inflammatory products for two weeks before surgery, as these inhibit the clotting mechanism, increase your chances of unnecessary operative bleeding and subsequent bruising (see the list of medications to avoid provided in your pre surgical packet).
- All patients will be asked to stop smoking at least two weeks prior to surgery in an effort to maximize your body's ability to heal the incisions following the operation.
- Do not eat or drink anything after midnight the night prior to your surgery. If your surgery is in the afternoon, be sure not to eat or drink at least 8 hours prior to your procedure.
- Avoid all alcoholic beverages 24 hours prior to your procedure
- Remove all makeup and wash your hair the night before, or the morning of surgery.
- DO NOT apply any products such as hairspray, toner, dye, bleach or permanent solution to your scalp or hair for one week prior to and two weeks after your surgery.
- Start taking Arnica Montana (5) days prior to your procedure. Arnica instructions are in your folder.
- Wear loose fitting clothing on the day of surgery, which will be easy to get into after your surgery (a shirt or jogging suit with a zipper or buttons is ideal). Do not wear anything that has to be pulled over your head. Be sure to wear flat shoes - do not wear hi-heels.
- It is necessary that someone drive you to the surgical facility and accompany you back home after your surgery because you will be unsteady on your feet after being under general anesthesia and taking pain medication. It is also a good idea to have someone stay with you the first night.
- DO NOT wear anything made of metal; such as a watch, rings, earrings, and necklace or body piercings.
- DO NOT wear contact lenses, but bring eyeglasses to be able to read and sign any necessary paperwork.

### Post Operative:

- As with any surgical procedure, you will likely experience some discomfort, swelling, and bruising which can be alleviated by using cold compresses and taking your prescribed pain medication.
- Keep your head elevated using 2-3 pillows for the first week.
- Apply cold compresses to the brow area. Make sure to have a barrier between your skin and the cold compress (such as an ice bag). You will ice only for the first few days. Icing will help minimize your swelling and bruising.
- **Avoid strenuous activity, bending over or heavy lifting for four weeks after your surgery**
- DO NOT bump, stretch or rub your brow for the first two weeks. You may wash your face lightly the day after surgery using a gentle cleanser.
- Avoid excessive heat such as saunas, hot tubs, curling irons or hairdryers for two weeks following surgery.
- DO NOT pick or pull at your sutures – they will be removed a week after your surgery.
- Pain medication may cause constipation; you can take over-the-counter stool softeners or laxatives.
- Do not put any makeup over the incision area for the first week, avoid direct sunlight.