

BROW LIFT POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Polysporin original ointment

Activity:

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- Keeping your head elevated will ensure that the swelling decreases as quickly as possible
- Cold compresses should be applied for at least 10 minutes every waking hour after surgery for the first 48 hours after surgery. These can be frozen gel packs or a face cloth in a bowl of ice water.
- Avoid laying flat or bending your neck forwards
- Place a rolled up towel between your chin and chest when reading or looking down at your phone. This will help relieve pressure on the incision lines.
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke
- You may shower with shampoo 24 hours after surgery
- Avoid excessively hot showers, saunas, or hot tubs for the first 2 weeks to decrease swelling

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively

- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

Wound Care:

- A small amount of bleeding from the incisions for the first 2-3 days after surgery is normal
- Your incision line may be on the skin or in the hair-bearing area of the scalp depending on the type of brow lift you underwent
- Any dried blood along the incision lines can be safely removed with the use of a Q-tip dipped in warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.
- Some puckering of the skin is normal after a brow lift. This can take 2-3 weeks to resolve.

First Post-operative Appointment:

- Most sutures will be removed at this appointment other than the dissolving ones in the scalp

Recovery:

- Scar massage with moisturizer can begin after suture removal
- Hair coloring is allowed 4-6 weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the skin incision lines will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the temple, cheek, eyes or forehead
- Fever exceeding 38.3°C
- Excessive bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg

- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____