



General Information and Post-Operative Care

BROWLIFT

The general information and post-operative instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to the guidelines will give you the smoothest recovery and optimum results. If a question does arise, first refer back to these pages. If you are still uncertain, please call our office at **334 271 2002** or **334 546 9088**.

I. ITEMS NEEDED

Lab Work
Prescription Medications
Hydrogen Peroxide
Q-tips
Vaseline
Distilled water

II. BEFORE THE PROCEDURE

1. Be sure to have all your medications and supplies purchased prior to surgery. These include an antibiotic (Keflex or Cleocin), pain medication (Norco), anti-nausea suppositories (Phenergan), hydrogen peroxide, and q-tips. Start your antibiotic and the SinEcch provided to you the evening prior to surgery.
2. *Do not eat or drink anything after midnight* the evening before your surgery. This includes water, chewing gum, mints and candy.
3. Please wear clothing to surgery that does NOT go over your head. A button down or zippered shirt will make it easier to get dressed following surgery.
4. Shampoo your hair the evening prior to and the morning of surgery with shampoo and conditioner. **DO NOT USE ANY OTHER HAIR PRODUCTS.**
5. Clean your face the morning before surgery. Do not apply moisturizers or make-up.
6. If you are a smoker stop smoking 6 weeks prior to surgery and 6 weeks after surgery to enhance wound healing and decrease the risk of complications.
7. Stop the use of all aspirin products (see "Aspirin List"), Vitamin E, Fish oil, Herbal Supplements, and Multi-vitamins two weeks prior to surgery and two weeks after.
8. Bring your pain and nausea medication with you to surgery.

III. POST-OPERATIVE CARE

1. Restart your antibiotic medication and SinEcch the night of your surgery. Take medications with a light meal to avoid nausea. Take medications according to directions until fully used.
2. Sleep in a semi sitting position for 2 weeks following surgery. Propped up on 2-3 pillows or sleeping in a recliner are both acceptable.
3. Try to suppress any forceful coughing or sneezing for at least 7-10 days after surgery.
4. Bruising may occur in the surgical area following the procedure. If bruising develops, it should be gone in 2-3 weeks.
5. A low grade fever for the first post-operative days is not abnormal. Take two Tylenol tablets for temperature elevations below 101.5°. If you have a persistent fever over 101.5° call Alabama Surgical Arts.
6. Please contact our office immediately if sudden profuse bleeding occurs. Remain calm as excitement and panic raises your blood pressure and worsens bleeding.
7. You will have a large bulky turban style dressing, DO NOT REMOVE or LOOSEN the facial dressing; this will be done in our office the day after surgery. After the dressing is removed you may reassume showering and hair washing as long as you are delicate and mindful of the incision areas.
8. Do not color or chemically treat hair for 4 weeks following surgery.
9. You may begin to use make-up and or cover up once the incisions have healed following surgery. Apply very carefully avoiding tugging, rubbing, or pushing of the skin.
10. Avoid the sun, which may darken maturing scars. Protect incisions by using a sunscreen with a SPF of 45 or higher.
11. Do not drive if you are taking pain medication.
12. Do not lift anything greater than 10 pounds after surgery and avoid bending forward. Avoid strenuous activity for two weeks after surgery.
13. You may shower and wash your hair after your first postoperative appointment.

IV. CARE OF INCISIONS

The day after surgery once your turban style dressing is removed you will need to begin to clean incisions gently 2 to 4 times daily. Use a mixture of 50% Hydrogen peroxide and

distilled water and q-tips. Discard hydrogen peroxide solution after each use and use a new solution for each cleaning.

V. POST-OPERATIVE APPOINTMENTS

The first post-operative appointment will be the day after surgery for bandage removal. One week following surgery you will have sutures removed. Two weeks after surgery you will have staples removed if used. Your doctor will recommend any further follow up visits.