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Post-Operative Instructions for BROW LIFTS

These instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to these 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, call the office at **(501) 227-8811**

BEFORE YOUR SURGERY

1. Be sure to have all your medications and prescriptions purchased prior to surgery. These include an antibiotic, pain medication, anti-nausea rectal suppositories, hydrogen peroxide, q-tips, Polysporin and Arnika Forte. Arnika Forte is available to purchase in our office \$30.00.
2. Shampoo your scalp the morning of or the evening prior to your surgery. Arrive to surgery with your hair clean. Do not use hairspray or other hair products.
3. Cleanse your face the morning of surgery. Do not apply any makeup or moisturizers.
4. Do not wear clothing which must be pulled over your head the morning of surgery. A button down shirt or zippered top will make it easier to get dressed following your procedure.
5. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**
6. Arrange for a driver to transport you for your first week's post-operative visits. Operating a motor vehicle while using narcotics is not advised.
7. You must have a responsible adult, friend or relative, 21 years or older, drive you home following surgery and plan to remain with you for the first 24 hours post-operatively. You will not be discharged from the Surgery Center to ride home in a taxi following your surgery.
8. Prescription drugs administered to you by your physician, and reported on your History form, may be taken with a sip of water unless you were instructed otherwise.

WHAT TO EXPECT AFTER SURGERY

Dressing

Your head will be wrapped with a bandage after surgery. This bandage will remain in place until the following day when you return for a brief follow-up visit. You do not need to clean your incisions while the bandage is in place.

Position

Keep your head and back elevated using several pillows or a reclining chair. This is important to help minimize swelling. Do this for 2 weeks after your surgery. Lay on your back rather than your sides or stomach.

Ice

Frozen peas or ice should be used for the first 24-48 hours around the clock. You should leave them off for 15-20 minutes every hour.

Activity

Do not lift anything greater than 10 pounds during the first week after surgery and avoid bending. Stay away from any strenuous activity for 2 weeks as this may increase bleeding, swelling, and bruising.

Medications

Take all medications as prescribed. This includes your antibiotic and Arnika Forte. Take pain medication as needed.

CARE OF INCISIONS

Once the bandage is removed, you may begin cleaning the incisions with peroxide. Dab the areas dry, then apply Polysporin. Keeping the staples or sutures clean will minimize the chance of infection and make it easier to remove the staples. Incisions should be cleaned 2-3 times a day. After 5 days discontinue Polysporin use.

You may wash your hair after the bandage has been removed. Avoid blow drying hair until sensation has returned to normal so you do not burn your scalp.

Please call the office and report any of the following problems immediately: (501) 227-8811

- 1. Excessive Bleeding**
- 2. Itching, rash, or possible reactions to medications**
- 3. Temperature above 101 degrees**
- 4. Sudden swelling or discoloration**
- 5. Severe pain which is not alleviated by the pain medication**
- 6. Persistent vomiting**