

After Browlift Surgery Instructions

You will have a bulky bandage/wrap in place after surgery. This should remain in place until the day after your procedure.

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.

Surgical site care:

- Leave bandages in place until the day after your procedure. When you remove your bandages, it is easiest if you cut along the back of the bandage with scissors and peel the bandages off.
- You may shower and wash your hair the next day after your bandages are removed. It may take several attempts to fully clean it; be gentle and use baby shampoo. Your hair can be combed out gently with a large-toothed comb, being careful around the stitches. You may use "No More Tangles" to make combing your hair easier.
- You will be given some antibiotic ointment after surgery. You will apply this ointment to your incisions twice a day.
- Avoid hot blow dryers or curlers that may damage incisions or burn the scalp. You may still have some numb areas after surgery and may unknowingly injure your scalp and incisions.
- Slight signs of blood may show on the bandages and this is normal.
- You can expect swelling and bruising, sometimes unevenly. Rarely are the two sides of the face the same at any one time. Each side heals at a different rate, but be assured the swelling and bruising will gradually subside after the first few days.

- Make-up to cover any residual bruises can be worn after the 5th day. Our medical spa staff can help you with the cover up if needed.

Activities:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You will be able to ambulate the day of your procedure. You are not on bed rest.
- Rest with your head of the bed at about 30° elevation. Sleeping on two pillows will be more comfortable and helps to keep swelling down.
- Sleep on your back and not on your side (as best you can) for 5 days. Be sure to wear comfortable button up shirts.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure. Do not bend your head down!
- Do not engage in sexual activity for a minimum of two weeks after surgery.
- Hair coloring can be done three to four weeks after surgery.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.

Follow-up appointments: (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 1 week after surgery: Your tapes and sutures will be removed at this time. After your tapes are removed you may use regular moisturizer daily. Be sure to apply sunscreen to your face daily.
- 1 month after surgery: You will be instructed on scar care at this visit.

Watch for the following signs and symptoms. Notify the Mercy Clinic Medical Spa (820-9340) immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the Mercy Clinic Medical Spa 417-820-9340 if you have any questions.