

## **BROWLIFT (FOREHEAD) SURGERY INSTRUCTIONS**

**You will need to purchase:** Q-tips, hydrogen peroxide, a tube of antibiotic ointment (Bacitracin or Polysporin), frozen peas/carrots or ice packs, and prescriptions.

**Two weeks before surgery:**

All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let the doctor know if you must continue these medications.*

**Evening before surgery:**

1. Wash your face and hair thoroughly.
2. **NOTHING** to eat, drink, or smoke after midnight.
3. Take medications as prescribed.

**Morning of surgery:**

1. Wash your face and hair thoroughly. Comb tangles out of hair. Do not apply makeup, creams, or product to face or hair.

**After surgery:**

1. Relax and rest with head elevated above chest for 3-5 days. 2-3 pillows or a reclining chair work well.
2. Apply frozen peas in a plastic baggy or ice packs to forehead intermittently for the first 72 hours. ½ hour intervals off and on while you are awake works well. Use a thin washcloth between the plastic and your skin.
3. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take the medication. For minimal pain, take Extra-Strength Tylenol **ONLY. DO NOT TAKE** any aspirin or aspirin-like products.
4. Clean incisions with q-tips soaked with hydrogen peroxide. Then apply antibiotic ointment, 3 times a day.
5. Refrain from strenuous exercise and activities for 1 week.

**Other instructions:**

1. You may have a turban-type dressing wrapped around your head. If so, it will remain in place for 48 hours. The doctor may then apply a lighter dressing.
2. You may experience bruising and swelling around your eyes and cheeks. This is not unusual and should gradually diminish over a period of 2 weeks.

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3. You may shower and shampoo your hair with mild shampoo after the dressing is removed. This is usually 2 days after surgery.
4. Use the cool setting on your hair dryer because you may have temporary numbness of your forehead and scalp.
5. Limit your activity for 72 hours. You may drive a car when you are no longer on prescriptive pain medication. Sexual activities may be resumed after 48 hours.
6. Caution should be exercised to avoid hitting the incision line or bumping your head.
7. If you experience sudden swelling, bleeding, or body temperature elevation, call the office immediately.

**General information:**

1. For a brow lift, it is usually not necessary to trim any hair, but occasionally a portion of the hair around the incision line is trimmed. This is easily hidden by the surrounding hair.
2. There may be some temporary hair loss along the incision line. This usually grows back in 2-3 months.
3. Stitches are generally removed in 7-14 days after surgery.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**

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