TOTONCHI
PLASTIC SURGERY

Care after Endoscopic or Open Brow Lift

This page contains answers to frequently asked questions regarding your care after brow lift surgery. This information will help you to remember the instructions given to you after surgery. Endoscopic brow lift incisions will be two small incisions behind the hairline in the scalp on each side. Open brow lift incisions will run along the hairline.

Appearance:

- The eyes and forehead may be bruised and puffy. The eyelids may be more swollen in the morning and improve gradually during the day. It will take approximately 7-10 days for the bruising and swelling to resolve.
- In general, the forehead will feel a bit tight. Your eyes may feel dry since they may get swollen. You can use eye drops to lubricate the eyes.
- We suggest waiting 6-8 weeks after surgery to use hair dyes.

Activity/Bathing/Sleeping:

- You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable. You encourage walking daily.
- **Avoid any heavy lifting, strenuous exercise, or weight lifting for 4 weeks.** You will need to return to your normal exercise routine gradually.
- You can drive after you have stopped taking prescription pain relievers, and any eye swelling has resolved.
- **You can normally bathe or shower 3-4 days after surgery** using a mild soap/shampoo. Avoid using very hot water. Allow the water to run over the incision and do NOT scrub the incision
- Pat the area dry and put a thin layer of bacitracin ointment on each surgical incision.
- **You should sleep in a semi-reclined position, for 3-5 days after surgery to minimize swelling**

Drains/Incision Care:

- Drains are not used for this procedure.
- Clean your incisions and apply bacitracin ointment 2-3 times a day for 1 week.
- After 1 week, please switch to applying aquaphor ointment 2 times a day.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- **Do not drink alcohol for seven days after your surgery or while taking narcotic pain medicines**
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

We are always available if you have any questions, please call 440-461-7999.

Medications:

- The most discomfort you will have lasts the first 3-5 days
- We will prescribe an antibiotic, nausea medication, and pain medication for you with an antibiotic. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- A few days after surgery, most patients will find that Tylenol will take care of the discomfort
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office 5-7 days after your surgical procedure.
- Additional appointment are at 2 weeks, one month, three months, six months and a year healing and results. Additional appointments may be necessary.

Recommended Supplies:

- Q-tips, Bacitracin, and Aquaphor
- Ice packs or cool compresses

Post-Operative Concerns: Urgent problems don't frequently occur with brow lift surgery. These are the complications that will require a change in your post-operative care:

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- **Vision problems** If you experience any change in vision, “flashing lights”, loss of peripheral vision, contact the office immediately.
- **Hematoma** The warning signs are:
    - Severe pain that does not respond to medication
    - Significant swelling in an isolated area
    - Excessive bruising in one area compared to another
- **Infection** It is normal to have s small amount of drainage from your incisions for 1-2 days after surgery. Signs of infection:
    - Increased redness around the incisions
    - Increased drainage from the incisions
    - Increased temperature/fever
- **Leg swelling** If you have a large amount of leg swelling of either one or both legs, or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** after brow lift surgery are rare but serious complication. If you develop any chest and/or back pain, or feeling of shortness of breath, you must contact the office immediately or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** can occur with the drugs prescribed to you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking the medication and notify the office.

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