



# BROW LIFT POST-OPERATIVE INSTRUCTIONS



## HOW TO CONTACT US

### LUMINARY OFFICE

M-F 8 am- 5:00 pm

941-926-6553

### After Hours Answering Service

941-567-2876

## WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling after you get home. Within a few days or weeks, these symptoms will go away. You may have a loss of sensation in your forehead skin after surgery. Sensation will likely return over time.
- You may need help with your everyday activities for a few days until your pain and swelling decrease.
- Incision scars may take several months to over a year to fade.

## ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- It is essential that you keep your head elevated at all times. You may not sleep lying flat. Please prop yourself up on several pillows so your head is elevated at a 30 degree angle.
- While you are healing, LIMIT your physical activities so that you DO NOT stretch your incisions.
- DO NOT do any heavy lifting or strenuous exercise for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines.
- Ask your provider when you can go back to work.

## SURGICAL SITE CARE

- Check daily for signs of infection (redness, pain, or drainage).
- Please apply bacitracin to incisions twice daily.
- Always wash your hands before you do selfcare.
- After 48 hours, it is Ok to shower and wash the incisions daily and pat dry.

## **OTHER SELF-CARE**

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids.
- A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT apply ice or heat to your face.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

## **WHEN TO CALL THE DOCTOR**

- Increasing pain, redness, swelling, yellow or green drainage, bleeding, or significant bruising at the incision site(s).
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

## **FOLLOW-UP**

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.