

## **POST-OPERATIVE INSTRUCTIONS – FOREHEAD OR BROW LIFT**

### **Day of surgery:**

1. **Arrange for someone to stay with you for the first 24 hours.**
2. Go to bed and rest lying on your back with your head elevated with 2-3 pillows. You should be lying at a 45 degree angle.
3. You may be up and around to go to the bathroom or eat a light meal with assistance.
4. Take medications only as directed.
5. Use ice packs, one on top of head and one on forehead as much as possible.
6. Some swelling and bruising is a normal occurrence especially in the frown line and lower eyelid area. This usually goes away quickly, but can last up to 2-3 weeks. If the pain or swelling is excessive, please call Dr. Barker at (423) 667-7055.
7. Keep the bandages and suture line dry. If the bandages loosen, secure it with more tape. The bandage and drains will be removed in Dr. Barker's office the morning of the first post-operative visit which is the next day.

### **Post-operative visit:**

1. On the first and second day after surgery you may be up and around as tolerated, however expect to be tired more easily than usual. Meals and activity should be kept at a minimum and continue with ice packs.
2. On the third day you can remove all bandages and head straps in the morning. Your forehead and eyes may be swollen and discolored which is normal.
3. You may get into the shower and gently wash your hair with baby shampoo. No hair dryer is preferred however a cool setting is fine.
4. Most swelling occurs after surgery in the 48-72 hours post-operatively. This is a very important time to use ice as much as possible.
5. Sutures and staples are removed 10-15 days post-operatively.

### **Long term care:**

1. Rest and good nutrition are important healing factors, especially the first 6 weeks post surgery.
2. Avoid alcohol for the first few weeks as this can prolong swelling and healing.
3. Numbness and itching of the forehead and scalp tissues and crusting and redness of the incision lines are normal occurrences. These complaints will subside gradually over several months.
4. Do not color or perm your hair for 4 weeks.
5. Postoperative checkups and photographs are needed as directed by **Dr. Barker.**