

**1. SWELLING AND BRUISING:**

Some swelling is normal. Use ice the first 24 to 48 hours for swelling. **If you experience severe swelling call me immediately.**

**2. ACTIVITY:**

Sit up or semi-recline. Elevate the head of the bed 30 degrees. **No strenuous activity, straining or bending over for 48 hours.** Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or drink alcohol for 6 months following surgery. **Do not attempt to furrow your brow.**

**3. FEVER:**

If a temperature above 100.5 occurs contact my office.

**4. PAIN:**

Some discomfort is normal following surgery. If pain medication is prescribed, take only as directed. **Do not drive while using narcotic pain medications.** Often it is beneficial to take the medication after eating to help prevent nausea. **If you experience severe pain behind your eye call me immediately**

**5. DIET:**

Eat something when you feel ready.

**6. WASHING:**

Do not get surgical site wet for 48 hours after surgery. Later you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly onto surgical site.

**7. WOUND CARE:**

Brow lift incisions may be cleaned with dilute peroxide (50/50 water and peroxide) after 48 hours, by blotting with a cotton tipped applicator. Do not pick or scratch wounds. Coat the sutures with a thin covering of Polysporin ointment (Double or Triple antibiotic ointment, Neosporin, Bacitracin) twice daily. Don't use make-up on the incision until it is fully healed. To reduce the appearance of the scar topical silicone ointment can be applied after it is fully healed about 2 weeks. (One over the counter example; Cimeosol)

**8. CLEANLINESS AND HEALING:**

The incision will heal better if it is carefully kept clean during the healing period. If sutures are resorbable they dissolve in two weeks. Non-resorbable sutures will be removed at 5-14 days, depending on the situation.

**9. INJECTION SITE:**

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement

**10. NAUSEA:**

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication.

**11. SCAR AND SUN:**

Stay out of the sun or wear a brimmed hat for 6 months. Scars become inflamed and get thickened from sun exposure. After the incision is healed you should use sunscreen. The scars will become less noticeable over a 6 month period until they are almost invisible.

**12. ANTIBIOTICS AND CONTRACEPTION:**

Contraceptives may be ineffective while taking an antibiotic. Use extra protection.