

HAND & PLASTIC SURGERY CENTRE, P.L.C.

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Surgery of the Hand & Upper Extremity
Microvascular Surgery
Plastic & Reconstructive Surgery

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BROWLIFT POST-OP INSTRUCTIONS

AT HOME AFTER BROWLIFT SURGERY:

- It is normal to experience swelling, bruising, discomfort, numbness, tightness, itchiness and headaches following browlift surgery. These will lessen each day as your healing progresses.
- You may use cold compresses to relieve swelling and discomfort.
- For the first 72 hours, sleep with your head in an elevated position either in a recliner with your head elevated or sleeping on 2-3 pillows. No lifting or bending over.
- Your dressings may consist of a compression bandage that is loosely applied to the head and face to reduce swelling and bruising.
- Please ask your physician before you begin taking aspirin or other anti-inflammatory medications, as these can create greater risk for bleeding.

OTHER POST-OPERATIVE INSTRUCTIONS:

- After 48 hours, you may begin to shower. Wash incisions gently and thoroughly. Apply Bacitracin ointment to staples after showering.
- Normal activity can be gradually resumed after 2 weeks. You may resume exercise after 4 weeks.
- You may blow-dry your hair gently. Avoid hair coloring, permanents, and scalp massage for 4 weeks after surgery.
- Avoid sun exposure to new incision areas. These areas are very sensitive to sunlight and can be easily burned for up to a year following surgery. We recommend sunscreen to all healed incisions.

GENERAL INFORMATION:

- Swelling and bruising will almost always be more than you expected. Bruising generally subsides in 7 days. Most of the swelling subsides in 2 weeks. It will continue to improve for 2-3 months.
- The scars have a tendency to redden and become more noticeable a few weeks after the surgery. However, the redness will fade with time.
- Numbness of the scalp is common after browlift surgery. Often this begins to return in 6 weeks but may take 6 to 9 months to improve.

WHEN TO CALL (616) 459-4131:

- Fever of 100.5 or greater
- Unusual swelling, redness, bleeding or increase pain

- Persistent vomiting
- Develop hives, diarrhea, or other reactions to medicine
- Any other questions or concerns

Please remember that for the vast majority of patients the goal is significant improvement, not perfection. Please call the office at (616) 459-4131 should you have any questions or concerns.

POST-OP APPOINTMENT: _____

PRESCRIBED MEDICATION(S): _____

Please take Narcotic/OTC medication as directed and as needed. DO NOT drive or operate machinery if you are taking a narcotic. If you are prescribed antibiotics, take as directed until gone. Taking an incomplete course can lead to recurrence of infection. Please take antibiotics with food as this may cause upset stomach. Please ask physician before you begin taking aspirin, motrin/ibuprofen or other anti-inflammatory medications, as these can increase risk of bleeding. **IF NAUSEATED, TRY NON-ACIDIC LIQUIDS, DRY TOAST OR OTHER BLAND FOODS*

Patient Signature: _____ **Date:** _____

Hospital Staff Signature: _____ **Date:** _____

Physician Signature: _____ **Date:** _____