

POST OPERATIVE CARE INSTRUCTIONS

BROW LIFT :

- Try and arrange to have either a friend or family member to pick you up and to stay with you for the first 24-48 hours in order to help you get settled in around the house.
- Everyone recovers from their anesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days. Eat lightly with small meals throughout the day to minimise sickness. If necessary, cut food into small bite-sized pieces to facilitate chewing and digestion. Salty foods can contribute to fluid retention and swelling so reduce these in the first 7-10 days. In order to avoid constipation, eat plenty of fresh vegetables and dried fruits. Overall, try to eat a balanced diet to ensure your body is getting all the important nutrients it needs in the immediate postoperative healing period.
- Drink plenty of fluids in the form of water and fresh juices, in the first few days after surgery. Reduce caffeine and carbonated drink intake in the first few days. Dairy products in the first 72 hours after surgery can upset your stomach and make you feel sick and therefore it would be sensible to limit these.
- Do wear comfortable front opening and loose clothing at night and in the day, that do not need to be pulled over your head. Because there is likely to be some degree of soiling or staining from the incision sites, try to use old bed and pillow linen.
- You will be swollen and bruised for the first few days following surgery. The swelling usually peaks at 48 -72 hours postoperatively then starts to dissipate after this period of time. You should therefore try to sit upright as much as possible to help reduce the swelling. At night, use an extra pillow. Do not put your head below the level of the heart and avoid any straining. *It is advised that you purchase a cold compress prior to surgery, or have something cold to apply to the forehead and face close at hand.* Apply cool compresses to the face intermittently in the first 72 hours. Never apply ice packs directly on the skin; wrap them in a clean towel.
- Remember to take your Arnica tablets for two weeks after surgery. *The bruising and swelling usually peaks at day 3 or 4 will gradually start to subside after about two weeks, and most of the obvious swelling is gone within three to four weeks.*

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- Browlift surgery is not usually very painful, although due to the nature of this procedure you will experience headache due to tightness and minor discomfort due to swelling. However if you experience any such pain then you may take one or two pain relieving tablets such as paracetamol as required. **DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN** as these will prolong or re-commence bleeding. Keep water at your bedside to swallow pills.
- Due to the insertion of two implants(Endotine devices) beneath the scalp a small lump may be felt. These may be present and felt for six to nine months after the surgery until the body breaks them down. Avoid pressing on these areas in the meantime as they may be painful.
- In the first few weeks you may notice that your forehead does move or wrinkle as it normally did. Sometimes you only notice this on one side. Do not worry as this is just nerve bruising which leads to some weakness of the muscle movements in this region. These usually recover although they can sometimes take 2 or 3 months to fully come back.
- Continue to avoid smoking and alcohol and avoid medications and mixtures mentioned in the DO'S & DON'T section of your information booklet. These tend to recommence or prolong bleeding. Also, do not allow anyone to smoke in your presence, either.
- Remember to recommence any regular medication that you take (i.e. blood pressure tablets) as soon as you are able to drink, unless you are specifically requested not to.
- You may wash your hair daily or every other day with a gentle shampoo and conditioner. Try using only lukewarm or tepid water. Initially, it will probably be best to have some help with bathing in case you feel light-headed. When drying your hair, dab dry the incisions and remember not to rub or remove any scabs. They may be softened with a little Vaseline and will separate in time. A hair de-tangler may help get out knots and soften the hair. Be delicate with brushing and set the blow dryer to a warm rather than a hot setting.
- The sutures used in the scalp are all dissolving. *The tissues, which may be initially soft, will become harder and lumpy over the ensuing weeks before softening again. This is as a result of the inevitable scar build up your body produces to promote healing following surgery, however all incisions remain well hidden within the hairline.*
- The crown of your head and sometimes your forehead will feel quite numb for some weeks. This is a normal consequence of surgery and should recover after a few months. In the interim however you may also experience sensations of tingling, tightness and hypersensitivity in the area as the nerves begin to grow back.

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- It is advisable not to apply any strong hair chemicals (bleach, Ammonia, etc) for 4 weeks following surgery.
- Abstain from exercise, including swimming, for three weeks. Heavier exercise should be delayed for six weeks. You may drive after 3 days.
- Avoid any sudden bending for the initial week.
- **You should get in touch if any of the following occur:**
 - 1) Fever greater than 100o F or 38.5o C.
 - 2) Fresh bleeding, other than that of a minor nature.
 - 3) Excessive and sudden swelling.
 - 4) Pain not relieved by two pain relieving tablets.
 - 5) Any discharge from the incision sites after 48 hours.

**REMEMBER IF IN DOUBT, PLEASE ASK BY EITHER CALLING THE
OFFICE 9.30am – 5.30pm MON-FRI ON 0207 432 8727
OR OUT OF HOURS IN AN EMERGENCY PLEASE CALL THE PRACTICE
NURSE ON 07944 600 215. PLEASE LEAVE A MESSAGE AND YOUR CALL
WILL BE RETURNED AS QUICKLY AS POSSIBLE.**