

## PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS: **BROW LIFT**

### **Before Surgery**

**Optional** - Start Arnica Montana five days before your surgery. Take with meals and continue for five days after surgery.

**REMEMBER:** No blood thinning agents for two weeks before surgery.

1. Nothing to eat or drink after midnight and the night before surgery.
2. Bathe or shower the night before or the morning of surgery. Wash your face and hair but **DO NOT** use any lotions, gels, rinses or hair spray.
3. **DO NOT** apply any makeup or any cosmetics to your face.
4. Leave all valuables at home.
5. Wear comfortable clothing and something that buttons or zips up in the front.
6. You must have someone to drive you home or over to the recovery center after your surgery if you are spending the night there.
7. Bring your prescriptions with you in a plastic bag with your name and date on the bag.
8. Allow adequate travel time to arrive at the surgery center on time.

### **After Surgery**

1. Always eat something (toast, crackers, applesauce, yogurt or jello) before you take your medications, especially before the first dose.
2. Sleep with your upper body elevated, either in a recliner or with pillows stacked to achieve this position. Your head must be higher than your heart. You should make every effort to sleep on your back for the first week.
3. Take your medications as directed to allow them to effectively control pain and prevent infection.
4. **DO NOT** ice your scalp incisions. If you also had eyelid surgery, you may use frozen peas in a bag or chilled saline pads to control swelling.
5. **DO NOT** bend over to put on shoes or pick up objects.
6. **DO NOT** take hot baths or showers. Heat induces bleeding and may complicate healing.
7. If you color your hair, do it either a week before or not until six weeks **AFTER** surgery.
8. Do not shampoo your hair until given permission by Dr. Gardner. Usually, you will have to wait 48 to 72 hours after surgery.
9. Your sutures will be removed approximately seven to ten days after surgery.
10. Contact the office if any of the following develops: undo swelling, redness, yellow drainage at the surgical site or bleeding that will not stop even when pressure is applied.