

## Brow Lift Surgery

**Clinic Phone Number: (801)449-9990**

### 1. **Post-operative care:**

A caregiver over the age of 18 must be with you for 24 hours following surgery.

- **Before and Immediately after your surgery-** Go to [www.MobleyMD.com/care](http://www.MobleyMD.com/care). There is a post-op care video(s) for you to watch. Begin this care when you instructed to do so by Dr. Mobley or his staff.
- Post op browlift patients will be seen 2 to 3 days post-op. This is when your compression dressing will first be removed and a new dressing applied.

### 2. **How you should expect to feel after surgery:**

- General Anesthesia can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-up, Gatorade, or other sports drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only)
- **Escalating, severe pain is not typical and should be addressed.**
- When you awaken from anesthesia you will have a pressure dressing that will cover your forehead. You may have a small plastic drain underneath the skin. This will be removed at the 2-3 day post-operative appointment. If you feel claustrophobic from the dressing please contact our office and Dr. Mobley's staff will be able to help with this.
- You will have swelling, which is common after facial surgery. You are able to use ice for 20 minutes on and 20 minutes off. Swelling usually peaks at day 3, and slowly subsides after that.

It is common for some minor swelling to last 2-5 weeks after surgery. Each patient is different in his or her healing process.

- **You may have a tension headache for a few days after surgery.** This may be intense, and may cause you to feel nauseated. If this occurs, **use the prescribed Phenergan suppositories.**
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is necessary. Sleeping sitting up is not necessary. Using a travel U- shape pillow around the front of the neck may help with comfort while sleeping/resting.
- When numbing subsides, itching is normal. You can take an over-the-counter allergy pill to help minimize itching.

### **3. Bandage/Wound Care:**

- The pressure dressing and drain (if you have one) must be kept on until your 2-3 day post- operative appointment. Dr. Mobley or his staff will remove the dressing and drain and will explain how to keep the incisions clean.
- The staples will be removed approximately 10 days after your surgery.
- You are able to wash your hair once Dr. Mobley or his staff removes the original dressing. You will have a small amount of dried blood in your hair so do not be alarmed. *Blood is a strong pigment; therefore, a small amount of blood may make the basin of the shower look quite bloody.*
- Do not be surprised if swelling and bruising migrates lower into your eyes and face. This is normal and will slowly dissipate.
- Wear the compression wrap as instructed to keep pressure right at and below the hairline. This stabilizes the lift.
- In order to achieve the best cosmetic result from the brow lift surgery, you may feel a bit “over corrected” As the skin relaxes, this will resolve and your appearance will normalize.

#### 4. Pain Management:

- Dr. Mobley will prescribe you a narcotic Pain Medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
  - Constipation: Take a stool softeners (MiraLax), increase fluids, walk more.
  - Nausea: Decrease narcotics, use a suppository, and take medication with food.
  - Loss of appetite: This will improve over time and once you stop taking the narcotic.
  - Sleepiness: This will improve once you stop taking the narcotics.
  - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

#### 5. Activity/Exercise:

- Following your surgery, **NO** strenuous activity or exercise for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of complications, decrease possibility of developing a blood clot, and maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery, you may begin to increase your activity by 15% each day. By the 14<sup>th</sup> day following surgery, you should be back to your normal activities.

**6. Return to work:**

- In most cases you will be able to return to work within a week from your surgery. Each patient is different in their healing process, so this can be discussed at one of your post-operative appointments. A return to work form can be given to you at that time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_