

# **Brow Lift Pre and Post Op Instructions**

## **To and From Surgery**

After Surgery, plan for someone to drive you home. We recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You are required to not drive for one week after surgery, or while on pain medications.

## **Diet**

Before surgery, you are required to not eat or drink anything for eight hours. After surgery, be sure to drink enough water to prevent dehydration.

## **Physical Activity**

After wards you may feel tired, you will feel sore and have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in normal activity, but do not do anything to bring your blood pressure too high for at least a week. This will cause bleeding in the area which may result in a hematoma.

## **What to Wear**

Be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed afterwards.

## **Medication**

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your pain medication as needed. If you run out before that time, there is usually a refill you can obtain, otherwise call the office for a new prescription. While this is a procedure that does not result in much pain, each person experiences pain differently and most patients experience the most discomfort during the first few days following surgery.

## **Wound Care & Bathing**

After the surgery you may have a head dressing that will need to be worn for two days. You will also have staples behind the hair line that will be removed between 7-10 days. As a result of the surgery you may have some bruising and swelling on the forehead and around the eyes. It will take about a month before all the swelling is gone. Makeup may be applied to the forehead after one week.

Showering/Bathing: You may shower or bathe three days after the surgery and wash your hair at that time.

## **Follow-Up Visits**

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits.

## **What Bring to the surgery center:**

Photo ID

Credit Card (no personal checks)

**Other Suggestions:**

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water