



Post Operative Instructions for Brow and Forehead Lift

1. If you have had brow and forehead lift with eyelid surgery or with multiple procedures, significant swelling and bruising may occur and is expected. It is possible that your eyes may swell shut overnight and this is not a concern and will resolve quickly. Any severe eye pain or inability to see light or count fingers should be reported to Dr. Niamtu immediately.
 2. The goal of your recovery is to keep your head propped up and take it easy! Lifting, bending, or activity that elevates your blood pressure can cause dangerous complications and needs to be avoided until cleared by Dr. Niamtu. You don't do this every week, so take care of yourself and follow instructions!
 3. Elevate your head on several pillows or sleep in a recliner. Elevation helps diminish the swelling. Ice compresses should be used for at least 24 hours- 48 hours
 4. After the operation there may be an elastic compressive dressing applying gentle pressure to the brow. Leave this dressing on for 24 hours and Dr. Niamtu will remove it the next day.
 5. Please gently wash (or have someone wash) your suture or staple lines with **hydrogen peroxide** twice a day and then coat with **Polysporin Ointment**. This helps clotted blood and scabs from forming and improves the final scar.
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3. You may gently wash your hair with a mild shampoo, such as baby shampoo, 48 hours after your surgery. Use a conditioner to help remove tangles from the hair. Avoid pulling on the sutures or staples when brushing the hair. You may experience some numbness of your scalp, so be sure to use the low heat setting if you blow dry your hair as not to burn your scalp.
 4. Some bruising and swelling is expected with this procedure and should resolve gradually. You may experience blurred vision due to swelling or ointment used in the eyes. This will resolve over the first several days. Headaches may occur and should resolve within the first three to five days. You may experience numbness or

decreased function of your forehead and scalp. This may last a few days or longer. The scalp behind your incision may remain numb and/or itchy for several weeks to months. The numbness and itching sensations are very common and seem bothersome at first, but usually resolve without a problem.

6. Take all medications as directed. If you have any questions, please contact the office.

7. Avoid foods that contain salt; particularly canned foods such as soup, as this can aggravate swelling.

8. You may drive a car when you can comfortably move your head and have no blurring of vision and are not taking pain medication. No bending over, heavy lifting or strenuous exercise should be done for the first two weeks. You may walk to keep in shape, as this will not compromise your healing or final result. Dr. Niamtu will advise you on increasing your activity at your office visits.

9. Please schedule a follow-up appointment at 24 hours and 14 days unless directed otherwise. If you have any questions that are not answered here, or any concerns, Dr. Niamtu is available at 804-347-3504 on a 24 hour basis.