

Post Op Instructions for Brow lift / Mid-face Surgery

The following instructions apply to patients who have undergone Brown life/ Mid face surgery. We urge you to follow the advice below very carefully.

1. Shower the night before or morning of surgery using an antibacterial soap such as Dial. Gently wash your face the morning of surgery.
2. Wear a button down shirt the day of surgery. Please avoid anything that needs to be pulled over your head. Comfortable pants such as sweats or jogging pants are the best – please avoid tight fitting jeans.
3. **Do not take Aspirin or medications containing Aspirin** for 14 days prior to surgery and then only on the advice of your physician. Other routinely taken medications may be taken as necessary. Begin taking arnica the morning of your surgery. You should also avoid any alcohol 2 weeks prior to surgery.
4. Following your surgery, your head should be elevated on at least two pillows during sleep for the first 14 days. Your head should be higher than your heart in order to help facilitate the resolution of swelling. Do not sleep face down.
5. Some forehead swelling, bruising, and numbness are normally present afterwards. Therefore, cold compresses should be applied frequently the first 72 hours after surgery to help reduce swelling. 20 minutes on / 20 minutes off while away. Any unexplained development of pain or fever should be reported to us immediately.
6. Any suture line and/or surgical clips should be cleaned 2-3 times daily with Hydrogen Peroxide- once the dressings are removed. An antibiotic ointment should be applied after cleaning so that a crust (scab) does not have a chance to form at the structure line. Use Bacitracin ointment only.
7. You may be up around the day after surgery, but some natural fatigue may persist for 2-3 days due to the normal effects of the anesthesia and surgical procedure. It is acceptable to do some light walking 72 hours after surgery. Jogging and exercise should not be resumed until 3 weeks post operatively and strenuous sports require 6 weeks of healing before being safely resumed.

8. Excessive exposure to sun (including sun-tanning parlors) in the first 3 weeks after surgery, may result in prolonged facial swelling and injury to the skin. Thereafter, you should always protect your skin with a strong sunscreen in order to decrease the inevitable aging effects of the sun on your skin. If you must go into the direct sunlight, Wear a wide brimmed hat and apply one of the #30 sun block preparations available at your pharmacy.
9. You may gently shampoo your hair 72 hours after surgery, avoiding any strong rubbing or combing, causing trauma to the incisions in the hair and around the ear. Do not blow dry for 5 days or if surgical clips are present, and postpone any planned permanent waves or hair coloring for four weeks following surgery.
10. You may eat a normal diet the day following surgery, preferably low salt. Talking, smiling, and chewing are perfectly acceptable. There may be a “tight” sensation – this is normal. Soft foods may also be preferable during the first few post operative days.
11. It is not uncommon for swelling to shift during the week post operatively – often settling in a jaw area. This is temporary and will resolve over time.
12. Often patients experience a “squishy” feeling in their scalp after surgery. This is due to fluid accumulation and reabsorbed within a week or so.
13. Finally, it is **very important** to your well being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.
14. **Don’t take any chances!** If you are concerned about anything you consider significant, please call (715) 828.2368

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.