



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Postoperative Instructions:

Brow lift/Eyebrow Surgery

Uncomplicated and early healing depends greatly on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.

Introduction

The following is a list of general instructions for your care following surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

General

- Numbness around the scalp, ears and forehead is common
- **Sleep with head elevated for the first 48 hours**, to help reduce facial swelling. This can be done by sleeping in a recliner tilted at 45 degrees. This is the preferred method for recovery and tends to be the most comfortable. If there is absolutely no way to have a recliner available to you after surgery, then sleeping with pillows propped up behind you in bed is a second option. It is also recommended to use an airplane pillow while laying down to prevent you from laying on the side of you face and head.
- **Do not** blow nose for a week after surgery
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- **Do NOT** bend over or hang your head down for 2 weeks after surgery
- **No** heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.
- Absolutely **NO USE** of a blow dryer **AT ALL** until instructed otherwise by Dr. Pennington
- **No** hair coloring or treatments for 6 weeks.
- **No** smoking for 4 weeks after surgery
- **No** alcohol for 2 weeks after surgery
- Avoid salty foods to lessen any swelling you may be experiencing
- **No** aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. Dr. Pennington will advise you when you may resume taking these medications.

- Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
 - Increased risk of bleeding includes, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica montana herbal *tablet* may help reduce bruising and swelling

Daily Care

This care will be reviewed the morning following your surgery:

1. Gently go over suture lines twice daily with hydrogen peroxide diluted with water (50% hydrogen peroxide & 50% water) on a Q-tip. After this, again with a Q-tip apply a liberal amount of A&D ointment. Keep moist with ointment for 1 month. Do not use any other creams or lotions unless directed by Dr. Pennington
2. Steri-Strip tape bandages may have been applied to your incisions. Leave this tape in place. The tape will gradually peel off in a few days.
3. Reapply compression dressing, this should be worn 24/7 for the first two weeks after surgery. Then at minimum every night for the next 6 weeks.
4. Dr. Pennington will instruct you on when you may bathe and wash hair following surgery. Once you have been cleared, only use a gentle shampoo such as Johnsons Baby Shampoo

Restrictions

1. **No** strenuous exercise for at least two weeks.
2. **No** heavy lifting for three weeks.
3. **No** pull-over clothing for two weeks.
4. Avoid hard chewing foods for two weeks.
5. Avoid yawning or wide mouth opening for two weeks.
6. If sneezing, sneeze with the mouth open for two weeks.
7. **No** driving for one, preferably two weeks after surgery.
8. **No** contact sports for six weeks.
9. **No** smoking, no nicotine products for a MINIMUM of 4 weeks post op
10. **No** alcohol for 2 weeks post op
11. May apply icepacks to eyes ONLY if eyelid surgery done at the same time
12. **Do not** shower or wash hair or face until cleared by Dr. Pennington

Call Dr. Pennington if you develop:

- **Fever greater than 100.4**
- **Sudden swelling or discoloration**
- **Hemorrhage**
- **Drainage from wound edges or other signs of infection**

- Development of any drug reaction

Please do not hesitate to ever contact our office. (318-216-5366)