



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 two weeks, 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, please let Dr. Pennington and her staff know so other accommodation can be arranged. **It is also recommended to use an airplane pillow while resting or sleeping to prevent you from leaning on the side of your face and head.**

- **Do not** blow your nose for a week after surgery but you may sniff back.
- 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, usually a minimum of 2 weeks.**
- **No** hair coloring or treatments for 6 weeks.
- **NO MAKEUP until instructed by Dr. Pennington**
- **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. **(Less than 2000mg daily)**

- Eat high fat, high protein meals, **avoid things like JELL-O (no nutritional value)**
- **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.
- We do recommend taking probiotics during the recovery period while you are taking all your other post-op medications.

Daily Care

This care will be reviewed the morning following your surgery:

- ❖ Starting 24 hours after surgery gently go over suture lines twice daily with Anasept on a Q-tip or gauze. After this, again with a Q-tip apply a liberal amount of prescribed ointment.
- ❖ Keep moist with ointment for 1 month. Do not use any other creams or lotions unless directed by Dr. Pennington.
- ❖ 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.
- ❖ If provided with a compression dressing, this should be worn 24/7 for the first two weeks after surgery. Dr. Pennington will let you know when you may stop wearing it.
- ❖ Dr. Pennington will instruct you on when you may bathe and wash your hair following surgery. This is usually by days 5-7 post op. Once you have been cleared, only use a gentle shampoo such as Johnsons Baby Shampoo. No creams, products, or styling (Cold or Heat).

Again, NO BLOWDRYING until cleared by Dr. Pennington.

Restrictions

1. **No** exercise for at least two weeks.
2. **No** heavy lifting (anything over 8 lbs.) for three weeks.
3. **No** pullover clothing for two weeks.
4. Avoid hard chewing foods for two weeks (steak, burgers, etc.).
5. Avoid yawning or wide mouth opening for two weeks.
6. If sneezing, sneeze with your mouth open for two weeks.
7. **No** driving for one, preferably two weeks after surgery. Must be off all post-operative medications.
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 is done at the same time.
12. **Do not** shower or wash hair or face until cleared by Dr. Pennington
13. Try to avoid dairy products for the first 24-48 hours as they can cause nausea post operatively. Progress to soft foods. Resume your regular diet as tolerated avoiding foods that require much chewing such as steak for example.
14. **LOW SALT DIET for at least 2 weeks – even the smallest amount of salt can increase healing time and cause excess swelling (less than 2,000mg per day)**
15. **Do not** make major decisions, sign contracts, etc. for the first 24 hours after surgery.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- **Fever greater than 100.4**
- **Sudden swelling or discoloration**
- **Hemorrhage**
- **Drainage from wound edges or other signs of infection**
- **Development of any drug reaction**
- **Uncontrollable nausea**
- **Uncontrolled or worsening pain**

Please do not hesitate to contact our office 318-216-5366 or our afterhours number at 318-455-7261.