

## FOREHEAD LIFT/BROW LIFT

### POST-OP INSTRUCTIONS

- Cool compresses to forehead for approximately 24-48 hours (20 min on, 20 min off WHILE AWAKE).
- Your surgical dressing will be removed the 2<sup>nd</sup> day after surgery at the office. Once dressing is removed, you will begin cleaning incisions 3 times per day with Liquid Dial Soap and tap water.
- Sleep on three to four pillows or in a recliner for first 3 nights to decrease swelling.
- Wash your hair and shampoo and shower after dressing is removed on day 2.
- No heavy lifting, exercise, or driving for approximately 1 week.

### EXPECTATIONS

- You will experience eye swelling and bruising. Numbness in the forehead is common.
- Some degree of eyebrow asymmetry, although minor, is not uncommon.
- Initial brow elevation is followed by a degree of relaxation downward.
- No hair dye or perms for 2 wks after surgery.
- Avoid sun or windburn for six months after the procedure.

### MEDICATIONS

- Keflex 500 mg . (Cephalexin) 1 tablet twice a day for 1 week.....antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed .... pain
- Celebrex 200mg take once a day as directed.....inflammation
- Ativan (Lorazepam) 1 tablet every 8 hours as needed ....anxiety and sleep
- SinEcch as directed (begin day before surgery).....inflammation and bruising

### FOLLOW-UP VISITS

- You will be seen in the office in one week for suture removal. Please call Dr. Gross at 407-333-3040, if you have questions or concerns. If you have a true emergency call 911.

*I have received a copy of the above instructions and agree to follow them*

X \_\_\_\_\_ Date \_\_\_\_\_