



## Direct Brow Lift

### POST-OP INSTRUCTIONS

- Cool compresses to forehead and eyes for first 48 hours (20 min on/off-while awake).
- Your surgical dressing, if used, will be removed the 2<sup>nd</sup> day.
- Once dressing is removed, you will begin cleaning incisions 3 times per day with Sterile Saline and then apply Gentamicin Ointment to incision site.
- Sleep elevated on 3-4 pillows or recliner chair for first week to decrease swelling.
- Wash your hair and shower after dressing is removed on day 2.
- No heavy lifting, extreme exercise, or driving for 1 week.

### EXPECTATIONS

- You will experience eye swelling and bruising. Numbness in the forehead is not uncommon.
- 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 to hair, for 2 weeks minimum after surgery.
- Avoid sun or windburn for six months after the procedure

### MEDICATIONS

- Doxycycline 100mg 1 tablet twice a day for 3 days/antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed/pain
- Celebrex 200mg take once a day as directed/inflammation
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed/anxiety and sleep
- Arnica dissolve under tongue (begin day before surgery) /inflammation and bruising
- Scopolamine Patch- transdermal – Helps prevent post op nausea- bring to surgery
- Phenergan 25mg – 1 tab with hydrocodone every 6 hrs as needed for /nausea

FOLLOW-UP VISITS: \_\_\_\_\_

You will be seen in the office in one week for suture removal. Please call or Text 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 \_\_\_\_\_