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# Recovery Instructions

**FOREHEAD LIFT (BROW LIFT) and ENDOSCOPIC BROW LIFT**

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Plan on taking it easy the first week. You may feel tired.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your surgeon.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

**Activities**

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

Return to work in 7-14 days, usually sooner for endoscopic patients.

Avoid vigorous physical activity, sex, bending or any activity that increases your blood pressure for 2 weeks.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4-6 weeks.

Full social activities can usually be resumed in 2 weeks.

**Incision Care**

If a drainage tube has been placed, you may shower 48 hours after removal.

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock if sun exposure is unavoidable (SPF 30 or greater).

Sleep with head elevated the first week after surgery to reduce swelling.

Keep steri-strips and/or surgical glue in place.

Keep incisions clean, dry and inspect daily for signs of infection.

Shower and shampoo in 2 days or as soon as the bandage is removed. Be gentle around sutures in the hairline when shampooing.

Do not use hair dye or permanent hair solutions for two months.

Keep hair dryer temperature set on low or no heat, as you temporarily may not have feeling in operated areas.

You do not want to burn your scalp or skin.

Facial makeup can be applied to cover bruising 2 days after surgery, but not on the incisions until the sutures are removed.

### **What To Expect**

Temporary discomfort, tightness of skin, swelling, bruising, numbness and some headaches. After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

Bruising usually resolves in 10-14 days.

### **Classic or Open Brow Lift:**

Swelling may affect cheeks and eyes for a week or so; as nerves heal, itching may replace numbness on top of scalp--May last up to 6 months.

Possible hair loss.

### **Endoscopic Brow Lift:**

Minimal postoperative pain and less swelling.

Numbness is less likely but as nerves heal, itching may replace numbness on top of the scalp, but this is usually limited.

### **Appearance**

Younger, more refreshed and rested look.

Final results seen in approximately 6 months.

Visible signs of surgery should fade in about 3 weeks.

Normal growth of hair around the incision usually resumes in a few weeks or months.

### **Follow-Up Care**

Most sutures are removed in 7-10 days after surgery.

If a drain was used it is removed 1-3 days after surgery.

Staples may be used for your surgery and are typically removed 2-3 weeks after surgery.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

**When To Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

**Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.

Messages received after hours or on weekends will be processed the next business day.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.