

THE FIRST GLANCE

Brow Lift Post-Operative Home Care Instructions

Supplies to have at home:

-Your prescription medications (you may get your Prescription prior to your surgery or on the day of your surgery) - Gravol (oral medication *and* suppositories)
-Stool softener (*ie: Restorolax/Lax-a-Day/Senokot*). Used to prevent constipation- ****start if no BM for 2 days** - Reactine (anti-histamine to help with itchiness associated with medications or wound healing) - Polysporin Original ointment - Hydrogen Peroxide

Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

Immediately after surgery:

Try to rest in a sitting position or with your head elevated to help reduce swelling and bruising. Place a single couch cushion under head of bed, sleep with 1-2 pillows, or you may also sleep in a recliner. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.

Avoid lying flat and avoid bending your neck forwards – keep a small rolled-up towel under your neck at first whenever you try to read. This helps you to avoid having your chin touch your chest as this can place excessive pressure on tight areas behind your ears that are healing.

Use pain medication and any prescribed medication as directed by your surgeon/nurse to reduce pain and discomfort. Discomfort is expected, the goal is to make the discomfort tolerable. Use stool softeners to reduce the risk of constipation associated with analgesic use.

Controlling Swelling and Bruising:

To help improve swelling and bruising around the eyes, use cold gel packs or a Ziploc bag containing frozen peas applied to your eyes for 10 minutes every hour that you're awake to help reduce swelling and bruising. If you had fat injections, **DO NOT APPLY ICE TO THESE AREAS.**

The use of "Lid Lift Goggles" may have been recommended to you in order to help control swelling and bruising around the eyes. If these were suggested for you, a separate instruction sheet will be provided on how to use these. Do **NOT** use ice packs with the goggles as it will make the goggles less effective.

Daily Activities:

Avoid straining, heavy lifting or any activity that will raise your blood pressure for the first 14 days after your surgery. Wear comfortable, easy to slip on footwear to avoid bending down. Avoid vigorous exercise for 3 weeks after your surgery unless otherwise advised by your surgeon. If you resume any of these activities sooner than recommended you increase your risk for complications, especially bleeding.

Wound care:

Depending on the type of brow lift you have had, your incision and sutures will be in different locations.

THE FIRST GLANCE

Direct Brow Lift - Incision and sutures on the forehead

Open Brow Lift - Incision and sutures along the front of the hairline

Temporal Brow Lift - Incision and sutures within the hairline of the temple

Gliding Brow Lift - Incision and sutures with the hairline of the temple, and a large "quilt" to the entire forehead

A *temporal brow lift* is almost always performed together with upper eyelid surgery. In this case, you will also have an incision and sutures on the upper eyelid.

If you have had a *gliding brow lift*, the only incision made is a small, one centimeter incision made within the hairline. You will also have a large "quilt" to the entire forehead. The purpose of this is to hold the forehead skin in a new, elevated position. Do not be alarmed, as there are no incisions along the forehead. These quilting sutures will need to be removed in 48 to 72 hours. You should apply polysporin twice daily to these sutures on the forehead, as well as any sutures within the hairline. Do not shower or get the area wet until these quilting sutures are removed.

For all the other brow lifts, do not shower or get the area wet for 48 hours after surgery. At this point you are able to shower and shampoo your hair. Avoid super hot water temperatures. After showering, gently dry your incisions with a clean towel and apply a thin layer of Polysporin antibiotic ointment once or twice a day to all incisions.

If you also had upper or lower eyelid surgery where an external incision was made, you will also be prescribed Fucidin viscous eye drops. Do not put these in your eye, but instead use this as an ointment for the incisions on the upper and lower eyelid. It is best to apply this using the back of a Q-tip or using a toothpick. Polysporin should not be used on the eyelids as it can be quite irritating to the eye.

Crusted areas can be gently cleansed with Hydrogen Peroxide and a cotton swab once daily. Do not pick scabs.

Sutures on the eyelids will need to be removed 5-7 days after your surgery. Sutures within the hair will need to be removed about 2 weeks after your surgery.

Swelling is expected and can worsen over the first four days before it begins to improve. You will see improvements week by week, but it can take several months to see the final result.

"Puckering," and "Dimples" are commonly seen in the forehead for several weeks and may take some time to resolve. This is especially the case if an external "quilt" was used.

Do not sleep with pets in the bed to avoid infection.

No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks, or until your incisions are fully healed in order to avoid infection.

Avoid exposure to second-hand smoke for at least the first few weeks after surgery.

*If you experience increased pain and swelling in one side or your forehead or around one of your eyes compared with the other, call your doctor immediately

THE FIRST GLANCE

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

After Hour Care

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

If there is a concern about your surgery or your healing please call The First Glance Clinic at 204-885-1419.

Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933