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BROW LIFT AFTER-CARE INSTRUCTIONS

INTRO:

Congratulations on your decision to get a brow lift. These after-care instructions, along with our office staff, will help guide you through your recovery process. It is crucial that you and your caretakers **read through these instructions both BEFORE AND AFTER SURGERY**.

HAVE CARETAKER WITH YOU:

- Following surgery, have an adult caretaker stay with you for the first 24-48 hours. You will be drowsy from the anesthesia and will not be able to drive for at least 24 hours.

WALKING:

- It is imperative to get out of bed early, and often (with assistance) following surgery to prevent postoperative problems such as blood clots. A reasonable goal would be to go for a 15-minute walk 5-6 times per day or to get up every hour to walk to the restroom. This will help reduce the risk of blood clots developing by encouraging blood flow throughout your legs.
- If you are sitting or lying down, move your ankles up and down and in a circular motion a couple times each hour to help increase blood flow.
- If you have shortness of breath, leg swelling, and/or leg pain at any point in your postoperative healing, go to an emergency department immediately (or call 911). This could possibly be a blood clot.

COMPRESSION GARMENTS:

- Please leave the compression stockings on for 5 days, 24 hours a day, after surgery. They may be removed for showering, but then must be put back on. You can also purchase additional compression socks (from Amazon or Target) if the ones from surgery get soiled.
- Compression stockings help reduce the risk of blood clots.

SHOWERING AND GROOMING:

- You may gently shampoo your hair once the bandages have been removed, usually 3 to 4 days after surgery.
- Keep your face away from direct water pressure for the first few showers to protect incisions.
- After showering, carefully pat dry or air dry your face.
- You may wear cosmetics on your face 5 days after surgery.
- Wait 3 weeks to color your hair after surgery.

PAIN AND PAIN MEDICATION:

- Take pain medication with food.
- Vicodin (Hydrocodone + Acetaminophen) or Percocet (Oxycodone + Acetaminophen) should be taken as directed:
 - Mild to moderate pain: 1 tablet every 4-6 hours

- Severe pain: 2 tablets every 4-6 hours
- If your pain is mild, you may opt to take Tylenol (Acetaminophen) 1000 mg every 8 hours (which is 2 tablets of the Extra Strength Tylenol purchased over-the-counter).
- Take a stool softener, such as Colace, while taking pain medication to help prevent constipation.
- DO NOT DRIVE WHILE TAKING PAIN MEDICATION.
- DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.
- Take pain medication only if needed. The quicker you can wean off the pain medications, the better you will feel and heal.

SUPPLEMENTS:

- Do not take aspirin (or products containing aspirin) for 10 days after surgery
- Do not take herbal supplements (vitamin E, fish oil, hormone replacements) for 10 days after surgery.
- Phentermine or appetite suppressants should not be taken until 6 weeks after surgery, since they increase heart rate and blood pressure which could interfere with your recovery.

DO NOT SMOKE:

- This is very important because smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to the tissues and fat, causing the tissue to die or delayed healing.
- Smoking can resume 4 weeks after surgery as long as there are no other complications present.

POSITIONING/SLEEPING:

- Sleep on your back with your head elevated at a 45° angle for one week after surgery. This will also help minimize swelling to your eyes.
- It is common for your hands and feet to swell the first couple weeks after surgery. To reduce swelling, it helps to elevate your arms and legs with pillows when you are lying or sitting.

LUNG EXERCISES:

- You will be given a spirometer to help increase volume in your lungs to prevent atelectasis, or collapsed lungs, which can be a result of anesthesia and the physical stress your body is going through. It is best to take 10 breaths per hour with the spirometer for the first 72 hours.
- Remaining hydrated (64 oz of water per day) and regular walks will also help to prevent these occurrences.

DIET:

- A light diet is best after surgery. Start with liquids and progress to soft foods like soups and Jell-O.
- Stay on a soft diet with high protein for 2-3 days following surgery. Avoid spicy foods, sugar-free sweeteners and carbonated drinks to reduce gas, bloating and nausea.

ACTIVITIES:

- The first week you should plan on remaining relatively at rest at home.
- Driving is permitted after one week as is sexual activity (within reasonable limits).
- The second and third week you may gradually resume activity (easy walk, a casual dinner, go out to a movie).
- After four weeks gradual resumption of athletic activities is allowed.
- Refrain from raising blood pressure for four weeks after surgery to prevent bleeding.
 - No hot baths, showers, spas for the first three weeks.

- Cardio exercise and swimming may resume 4 weeks following surgery

SUTURES/SCAR TREATMENT:

- The day after surgery the bandages are changed and the incisions are checked. A new, smaller dressing is applied.
- On the 3rd or 4th day after surgery, all dressings and sutures will be removed. If eyelid surgery has been done, the sutures will be removed at this time as well.
- Depending on the degree of surgery, most patients are quite “presentable” within one to two weeks.
- Avoid direct sun light on incisions for 6 months. Use liberal quantities of sunscreen with UVA and UVB protection on the sutures for at least 6 months. Hats and sunglasses are also helpful.
- At 4 weeks, you can begin using silicone scar patches from the drugstore, or Silagen[®] Scar Refinement System that we sell in the office on incision sites. Silagen[®] will help flatten and soften scars and reduce redness, itching, and pain on incisions.

EXPECTATIONS:

- You can expect swelling and bleeding/oozing from the stitches for the first two days. Call the office if you have a continuous bloody drip, or severe pain, or significantly more swelling on one side vs. the other side.
- The incisions will be very sensitive to sunlight, so avoid direct sun to the sutures.
- The 2nd and 3rd day are usually when the most swelling occurs.
- Bruising is to be expected and will improve over the next 1-2 weeks.
- Numbness is usually at the incision sites and feeling will return gradually over the next several months.
- It is not unusual for a patient to experience a day or two of “blues” one to three weeks after surgery. After the initial excitement of the operation has worn off, but before you look as good as you would like to be this mild depression might be experienced. This is not unusual and is no cause for alarm as it should pass quickly.
- It will take 6 months to see final results. It is common to see asymmetry, day-to-day swelling changes, creasing along incision line, and numbness from nerve regrowth until you are fully healed.

FOLLOW-UP APPOINTMENTS:

- Every patient heals at different rates, but you will be seen several times for post-op appointments. Typically, they are scheduled for day one, 1 week, 2-3 weeks, 6 weeks, 3 months, and 6 months after surgery.
- The purpose of these appointments is to check your healing progress.
- Please call to schedule your appointments. The Beverly Hills office phone number is (310) 273-1001 and the Santa Barbara office phone number is (805) 898-9299.

QUESTIONS & CONCERNS:

- If you have questions or concerns regarding your procedure please email assistant@drbrent.com or email Dr. Brent Moelleken at drbrent@drbrent.com
- Please call the office at (310) 273-1001 if you have increased pain at surgical incision sites, redness, sudden swelling, warmth, pus, drainage, or a fever greater than 101.5°F.
- Please visit an emergency room or call 911 if you have shortness of breath or leg swelling with pain to rule out a pulmonary embolism or blood clot which could be deadly if left untreated.

HELPFUL ITEMS TO PURCHASE BEFORE SURGERY:

- Stool Softener (i.e. Colace)
- Arnica pills (oral herbal supplement to help with bruising)
- Pillow wedge (to keep head at a 45° angle)
- Thermometer (monitor your temperature after surgery and make sure it stays below 101.5°F)

ADDITIONAL POST-OP NOTES:
