

BROWLIFT (FOREHEAD) SURGERY AND HAIRLINE PROCEDURE INSTRUCTIONS

Before your procedure, you will need to purchase: Q-tips, hydrogen peroxide, a tube of antibiotic ointment (Bacitracin or Polysporin), frozen peas/carrots or ice packs, and prescriptions.

Two weeks before surgery:

All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let Dr. Sidle and his staff know if you must continue these medications.*

Evening before surgery:

1. Wash your face and hair thoroughly.
2. **NOTHING** to eat, drink, or smoke after midnight.
3. Take medications as prescribed.

Morning of surgery:

1. Wash your face and hair thoroughly. Comb tangles out of hair. Do not apply makeup, creams, or product to face or hair.
2. If you wear contacts, leave them at home and bring your glasses instead.
3. You may take your prescription medications with a sip of water only.
4. If you were prescribed an antibiotic, take it with a sip of water before coming to your procedure. If your surgery is in the operating room, your antibiotic will be given there.

After surgery:

1. Relax and rest with head elevated above chest for 3-5 days. 2-3 pillows or a reclining chair work well. Keeping your head above your chest reduces swelling and bruising.
2. Apply frozen peas in a plastic baggy or ice packs to forehead intermittently for the first 48 hours. Half hour (30 min) intervals off and on while you are awake works well. Use a thin washcloth between the plastic and your skin.
3. Take your prescription pain medication every 6 hours, only if needed. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take any medication. For minimal pain, take Extra-Strength Tylenol **ONLY. DO NOT TAKE** any aspirin or aspirin-like products such as ibuprofen.
4. Clean incisions with q-tips soaked with hydrogen peroxide. Pat dry. Then apply antibiotic ointment with a clean finger 3 times a day. Do not allow crusts to build up on the stitches.

DOUGLAS SIDLE, MD
Facial Plastic and Reconstructive Surgery

5. Refrain from strenuous exercise and activities for 1 week. No lifting more than 30 pounds for a week.

Other instructions:

1. You may have a facelift dressing (turban-like) wrapped around your head. If so, it is to remain in place for 48 hours.
2. You may experience bruising and swelling around your eyes and cheeks. This is not unusual and should gradually diminish over a period of 2 weeks.
3. You may shower and shampoo your hair with mild shampoo after the dressing is removed. This is usually 2 days after surgery.
4. Use the cool setting on your hair dryer because you may have temporary numbness of your forehead and scalp.
5. Limit your activity for 72 hours. You may drive a car when you are no longer on prescriptive pain medication.
6. Caution should be exercised to avoid hitting the incision line or bumping your head.
7. If you experience sudden swelling, bleeding, vision loss, or fevers, call the office immediately.

General information:

1. For a brow lift, it is usually not necessary to trim any hair, but occasionally a portion of the hair around the incision line is trimmed. While this hair grows back, the surrounding hair will hide this area.
2. There may be some temporary hair loss along the incision line. This usually grows back in 2-3 months.
3. Stitches are generally removed in 7-14 days after surgery.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.

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