

Brow Lift – Post-Operative Instructions

General Care After Surgery

- Expect some swelling and bruising around your forehead and eyes
- Apply ice regularly for 7 days after surgery (no ice directly against your skin). You can apply it *up to* 10 minutes every hour.
- Avoid bending over (head down position) or an increase in your blood pressure for the first week.
- Absolutely zero smoking/vaping/marijuana use.
- It is important to keep your blood pressure on the low side for 3 weeks after surgery (no heavy exercise and take your normal hypertension medications as prescribed).
- Try your best to sleep on your back, and not on your sides or stomach. This will help with swelling, as will using a pillow.
- You can and should walk multiple times each day as this will help prevent a blood clot from forming in your legs.

Washing

- Showering is ok 24 hours after surgery. Be very gentle when washing your face and do not rub over your eyelids, eyebrow, temple or anterior hairline.
- It is ok to use mild shampoo but be very gentle when washing your hair.
- Allow your eyelids/temple to air dry and gently pat the rest of your face with a clean towel.
- Dry your hair with a blow-dryer, do not rub it dry.
- Do not use peroxide or alcohol to clean the incisions.
- No baths, pools, hot tubs, or lake water for 6 weeks.

Medication

- Anti-Pain medication can be taken after surgery.
- It is ideal to wean off any narcotic medications as soon as reasonably possible. You should not drive if you are taking narcotics. Unless there are contraindications, I generally recommend 2 extra-strength Tylenol and 400-600mg of Advil every 6 hours. You need some food in your stomach with Advil, but this regimen has a low side-effect profile and works well (take them together as they do not interact).
- Resume prescribed medications unless otherwise stated.
- Do not use fish-oil and herbal supplements etc. for at least 2 weeks after surgery.
- Take any antibiotics as prescribed at the appropriate times until completed.

Incision Care

- 1 hour after you shower, place a very thin layer of Polysporin on your scalp incisions no more than once a day, for the 1st week. You will feel some dissolving

sutures on your incision, just ignore them as they will slough off after 3-4 weeks.

- Bleeding or oozing around your incisions may occur following surgery. If this occurs you should take a clean cloth and apply direct pressure for 15 minutes. If it persists, call 911 or go to your closest emergency department and notify Dr. McInnes. If you develop a large amount of pain, swelling, and bruising do not ignore it.

Special Note

- If the white part of your eye (conjunctiva) becomes red and you have excess tearing a few days after surgery, please call or email our office as you may benefit from eyedrops.

Three Weeks After Surgery

- Begin to massage your incisions with non-irritating scar cream (available at our office) or facial moisturizer. Do not use 100% vitamin E. It will take a full year for your scars to mature and fully soften.

Follow Up Care

- You should schedule a follow up appointment ~1 week after your surgery with Dr. McInnes. Please arrange with our office to confirm the time and location. Depending on the specifics of your surgery, Dr. McInnes *may* call you in the evening after your surgery. If so, please try to answer your phone (even if it's from "unknown caller").

Weekday Care (8 am to 5 pm)

- For general inquiries/questions email office@doctorm.ca or call the office (for more concerning issues call the office).

Weekend, After Hours, and Emergency Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

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- 604-515-8847
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