

TEMPORAL BROW/FOREHEAD-LIFT PATIENT INSTRUCTIONS

With the increase in our life span and our greater concern for looking younger, facial surgery has become a commonplace procedure. The psychological, social and occasional economic advantages that can result from this surgery have stimulated its popularity. Patients often state that they have received as great a "lift" inside, as well as outside.

The operation is helpful in elevating and/or re-contouring to a more aesthetic state the lateral brow. Also, it helps reduce wrinkles of the side of the forehead and around the eyes, especially of the lateral upper eyelid and can improve any secondary reduced visual impairment in that field. Finer wrinkles are not completely removed by this procedure and are best treated by a chemical, mechanical, or laser face peel, as are other skin quality and texture concerns. The procedure is done in the office, commonly using local anesthesia with or without sedation.

* Please arrive 30 minutes prior to the scheduled procedure time so that medications may be given.

INSTRUCTIONS PRE-OP:

1. Please do not wear make-up and/or jewelry on the day of your procedure.

Please be prepared to remove your contact lenses before surgery or wear glasses preferentially. Wear clothing that buttons down in front (no pullovers).

Avoid aspirin, aspirin containing products, **Plavix**, **Advil**, **Nuprin**, **Motrin**, **ibuprofen** and **Ginkgo** for 2 weeks before and 48 hours after surgery.

Avoid drinking alcoholic beverages, smoking and Vitamin E (or fish oil vitamin products with Vitamin E) for 2 weeks before and after surgery.

Take your other usual daily medications in the morning with a sip of water (unless directed otherwise).

Please arrange to have a responsible adult drive you home after surgery and stay with you that evening.

Do not cut your hair before surgery. Hair should actually be longer than usual.

Men should not shave the day of surgery so as to maintain a light shadow of the beard line. You may have a light breakfast the morning of surgery.

Wash your face, neck and hair thoroughly with **Betadine shampoo** the night before surgery and on the morning of surgery.

2. PRE- AND POST-OP MEDICATIONS:

Ø **Keflex** or similar: Take 1 tablet in the morning and 1 tablet in the evening starting the morning of the procedure for 5 days.

(or Ø **Zithromax**: Take 2 tablets the morning of the procedure, then continue 1 tablet daily for 4 days.)

Extra-strength Tylenol or **Tylenol #3** (or equivalent), but not both at same time: Take 1-2 tablet/s every 4-6 hours after surgery as needed for pain.

POST-OPERATIVE CARE:

1. Apply **iced compresses** 5-15 minutes per hour until bedtime on the day of surgery, over your treated lateral brow / temples to reduce swelling, discomfort and any discoloration (bruising). Continue ice compresses on the following day, 5-15 minutes per hour.

2. Please keep the wound or any dressing dry for 24 hours. After 24 hours, you may then remove any dressing, wash your hair gently in the shower, but do not bend over (for several days). Use a small amount of shampoo and rinse well.

When showering, avoiding the shower from forcefully beating directly on your suture lines for the *first week*. Wash hair (and wound/stitches) in shower daily.

3. After showering, perform following wound care daily (unless directed otherwise). No dressing is needed.

Gently cleanse the suture line with **hydrogen peroxide** soaked **cotton-tipped applicators sticks** (i.e. **Q-tips**) or **gauze**. Attempt to remove any crusting or not to allow crusting/scabbing to form on the suture line, by gently, repetitively rolling back and forth several times the moistened Q-tip over the suture line. (Never place a used applicator stick back into the hydrogen peroxide.) With a new and dry Q-tip or gauze, dry the suture line. With another Q-tip, apply a thin layer of **Bacitracin antibiotic ointment** (or equivalent), to the suture line. Attempt to keep suture line continuously covered by above ointment while healing, (until sutures are removed or dissolve).

4. You may also gently brush your hair as needed. If a hairdryer is used, it must be kept at a *cool setting*.

Also, avoid salon-type hairdryers or curling irons for 2 weeks after surgery. No colors or perms for at least 1 month after surgery.

5. Cosmetics can be re-started to most areas after several days if so desired (if you have not had a simultaneous chemical or laser peel).

6. Sleep on your back with your head elevated on a few pillows for several days and avoid bending down/over from the waist for the first week to prevent or decrease swelling. (If you must bend, do so from your knees, keeping your trunk and head relatively upright.)

7. Minimize activities for 1 week and avoid any strenuous exercise or activities for the next 1 month.

8. If absorbable sutures were used, they usually dissolve in about 1 week. Otherwise, sutures/staples will be removed in 7-10 days after surgery.

This is a usually a painless procedure, but if you are apprehensive, take one of the pain pills before coming to the office.

9. Avoid drinking alcohol and smoking for 2 weeks after surgery.

10. You can resume swimming 2 days after all sutures/staples are removed.

POST-OP COURSE/EXPECTATIONS:

Usually, swelling with some black and blue discoloration will occur with this operation, especially around the eyes, due to gravity and the delicate, reactive tissues near the eyes. The dressing(s) and ice compresses should help to reduce these changes, which generally peak in 24-48 hours, and subside over 7-10 days. Any numbness which may occur also can last for several weeks or more, gradually decreasing before returning to normal. Most patients return to work (indoor office-type work) in 4-7 days after the surgery.

The incision lines may be red for several weeks to months after surgery, but will gradually fade and are hidden in your hair.

There may be some discomfort along the incision. Tylenol or the pain medication prescribed for you should readily eradicate any discomfort.

If there is any undue pain or swelling, please contact our office.

Bleeding after surgery is rare, but should it occur, apply firm uninterrupted pressure with a clean gauze or towel to the wound for 15 minutes.

If bleeding has not stopped at this time, call our office or go to the nearest emergency room.

If swelling, redness, and/or tenderness of the surgical site persist for more than a few days or increase after a few days, contact our office as this could represent a wound infection. Similarly, please contact our office for any unusual swelling or discoloration under the skin, as this could represent the presence of a hematoma (blood clot).

If you were prescribed an antibiotic, take it until it is all gone. If you have any side effects (rash, diarrhea, nausea or vomiting), call the office.

(Take all medications as directed. If you experience any side effects, call the office.)

FOLLOW-UP CARE:

Please schedule follow-up appointments for the day after and 7 days after your procedure.

If you have any questions or concerns, please do not hesitate to contact our office, **Robert B. Strimling, MD & Associates, LLC @ (702) 243-6400**.