Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Brow Lift – Pre and Post-Operative Instructions

Pre-Operative Instructions

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

Post-Operative Instructions

1.Your surgery will take approximately one to 2 hours. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2.If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.Please keep your head elevated as much as possible after surgery to reduce swelling. If you are having a facelift at the same time, do not use a pillow that pushes your head forward. Keep your neck straight and your chin up. Use a vertical pillow on top of the bottom pillow to elevate the head.

4.You may or may not have drains. If you have drains you will be instructed as to how to manage them during discharge.

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5.Do not put your head below your heart. Do not do any strenuous activity or housework. Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All these factors will raise your blood pressure and may cause bleeding.

6.Do not pull clothes over your head. Please note that you may not have normal feeling in your scalp. The area of numbness will narrow as the months go by. Itching 10 days to 2 weeks after surgery is a normal occurrence and is part of the healing process.

7.After surgery, bandages will be applied to your head. The bandages will be changed after 24 hours.

8.After the dressings are removed, you may wash your face gently with water. Please DO NOT wear make-up without first checking with us. You may wash your hair with tepid water and antibacterial shampoo after one day. Be gentle. Reapply the head strap and dressing if you have been instructed to do so. Dry thoroughly but gently with a hand towel or blow-dryer. Do not put rollers in your hair or use a hair dryer except on the cool setting. You may burn the skin because you do not have normal sensation in your scalp.

9.If you should have any questions, please call the office at 203-838-8844.