



Post operative care – brow lift

1. Try and arrange to have either a friend or family member pick you up after surgery and stay with you for the first 24 hours in order to help you get settled in around the house.

2. Everyone recovers from their anaesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days.

Avoid any sudden bending movements for the initial week after surgery.

3. Eat lightly with small meals throughout the day to minimise sickness. If necessary, cut food into small bite sized pieces to facilitate chewing and digestion.

4. It is important to note that salty foods can contribute to fluid retention and swelling so reduce these in the first 7-10 days. In order to avoid constipation, eat plenty of fresh vegetables and dried fruits. Overall, try to eat a balanced diet to ensure your body is getting all the important nutrients it needs in the immediate post-operative healing period.

5. Drink plenty of fluids in the form of water and fresh juices for the first few days after surgery.

6. Reduce caffeine and carbonated drink intake in the first few days.

7. Again it is important to note that dairy products in the first 72 hours after surgery can upset your stomach and make you feel sick and therefore it would be sensible to limit these.

8. Do wear comfortable front opening and loose clothing at night and in the day. Ideally wear garments that do not need to be pulled over your head.

9. There is likely to be some degree of soiling or staining from the surgical incision sites so it is advisable to use older bed and pillow linen.

10. You will be swollen and bruised for the first few days following surgery. The swelling usually peaks at 48 – 72 hours post-operatively and then starts to dissipate after this period of time. Most of the obvious swelling will be gone within 3 to 4 weeks. Remember to take your Arnica tablets for 2 weeks following surgery.

11. Try to sit upright as much as possible to help reduce the swelling. At night use an extra pillow to ensure that your head is above level of the heart and avoid any straining.

12. Purchase a cold compress prior to surgery or have something cold to apply to the forehead and face close at hand. Apply cool compresses to the face intermittently in the first 72 hours. Never apply ice packs directly on the skin, wrap them in a clean towel or linen.

Brow lift surgery is not usually very painful, although because of the nature of this procedure you may experience headaches caused by tightness of the skin and minor discomfort from swelling. However if you experience any such pain then you may take 1 or 2 pain relieving tablets such as paracetamol as required.

DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN

These will prolong or re-commence bleeding. Keep water at your bedside to help you swallow pills. Due to the insertion of two implants (Endotine devices) beneath the scalp a small lump



may be felt. These may be present and felt for six to nine months after the surgery until the body breaks them down completely.

Avoid pressing on these areas in the meantime as they may be painful. In the first few weeks you may notice that your forehead does not move or wrinkle as it previously did. You may only notice this on one side.

Do not worry as this is just nerve bruising which leads to some weakness of the muscle movements in this region. These usually recover although they can sometimes take 2 or 3 months to fully come back. Continue to avoid smoking and discourage others from smoking in your presence.

Remember to recommence any regular medication that you take (i.e. blood pressure tablets) as soon as you are able to drink, unless you are specifically requested not to. You may wash your hair daily or every other day with a gentle shampoo and conditioner. Try using only lukewarm or tepid water. Initially, it will probably be best to have some help with bathing in case you feel lightheaded.

When drying your hair, dab dry the incisions and remember not to rub or remove any scabs. They may be softened with a little Vaseline and will separate in time. A hair detangle may help get out knots and soften the hair. Be delicate with brushing and set the blow dryer to a warm rather than a hot setting.

The staples used in the [word missing here] will be removed on day ten. The tissues, which may be initially soft, will become harder and lumpy over the ensuing weeks before softening again. This is as a result of the inevitable scar build up your body produces to promote healing following surgery, however all incisions will remain well hidden within the hairline.

The crown of your head and sometimes your forehead will feel quite numb for some weeks. This is a normal consequence of surgery and should recover after a few months. In the interim however you may also experience sensations of tingling, tightness and hypersensitivity in the area as the nerves begin to grow back.

It is advisable not to apply any strong hair chemicals for 4 weeks following surgery. This includes tinting and perming solutions and anything which contains bleach or ammonia.

Abstain from all exercise including swimming for 3 weeks. For more moderate or extreme exercise please allow a 6 week delay.

You may drive after 3 days. You should get in touch immediately if any of the following symptoms occur:

- a) Fever greater than 100o F or 38.5o C.
- b) Fresh bleeding, other than that of a minor nature.
- c) Excessive and sudden swelling.
- d) Pain not relieved by two pain relieving tablets.
- e) Any discharge from the incision sites after 48 hours.

REMEMBER IF IN DOUBT, PLEASE ASK BY CALLING THE OFFICE 9.00am – 5.00pm
MONDAY to FRIDAY ON 0161-232-2670/ 0161-232-2680 OR OUT OF HOURS IN AN
EMERGENCY. PLEASE CALL THE HOSPITAL ON 0161-226-0112.