

**Browlift Surgery Discharge Instructions**  
**Dr. Michele Shermak**  
**The Plastic Surgery Center of Maryland**



**Diet**

- You may resume a regular diet. Lighter foods will help avoid nausea/vomiting.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods that will make you puffy. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This could be easily avoided by consuming fluids.

**Activity**

- Keep your head elevated at all times. Sleep on 2 or 3 pillows at night.
- No strenuous activity for 2 weeks. No bending or lifting >5lbs. for 2 weeks.
- Walking encouraged. This is an important step in preventing blood clots in the legs which is a serious condition.
- You may return to gym within 3 weeks.

**Washing**

- You may gently wash face the day after surgery with mild, soapy water – Dove soap is recommended. You may then cleanse face daily. Cleanse and apply Aquaphor more frequently if dermabrasion was performed.
- You may shower 2 days after surgery. Please do not use a hairdryer or comb for the first week.

**Dressings/Wound Care**

- Leave dressings intact until 2 days after surgery. After you remove you may shower. Do not replace dressings.
- Do not rub your forehead or touch your forehead except to gently cleanse with soap and water.

## **Medications**

- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling. If you have extreme pain, call the office immediately.
- A stool softener (Colace) is recommended while taking narcotics as these can lead to constipation.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.) please discuss the appropriate time to resume taking this medication with Dr. Shermak.

## **Follow-Up**

- The first appointment will take place within a week of surgery. Please call 410-616-3000 with any questions.

## **What to Watch For and When to Call**

- You can call our office at any time to speak with Ann or Dr. Shermak if you have questions or concerns at 410-616-3000. In addition, you can reach Dr. Shermak by email at [shermakmd@gmail.com](mailto:shermakmd@gmail.com). **(Please do not use email for urgent or emergent situations.)**
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.
- Call if you notice significant swelling or bruising in the forehead or face.
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Call immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

*Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!*