

GUELPH | FACIAL PLASTICS

- Browlift/Forehead Reduction Post-Operative Discharge Instructions -

WOUND CARE

- An incision was made at the top of your forehead, along your hairline OR incisions may be placed on the scalp, hidden by your hair, these sutures will dissolve but require the same care
- Clean any scabbing off the suture lines twice a day with a Q-tip soaked in a 50:50 mix of peroxide and water
- After cleaning the incisions apply an occlusive OINTMENT (Vaseline, Aquaphor, Polysporin)
- Clean your incisions morning and night
- Non-dissolving stitches will be removed at your 1-week appointment

FOR YOUR COMFORT

- Apply ice to your scalp and upper face for 20 minutes of every hour while awake for the next 3 days, this will limit your discomfort, bruising, and swelling
- Sleeping with your head elevated will also help to limit bruising and swelling
- Only used the prescribed pain medication if needed, switching to Tylenol/Advil will be easier on your stomach
- If you have any questions about healing or wound care, please contact Nurse Jocelyn

SHOWERING & WASHING HAIR

- You may shower 24 hours after surgery. You may rinse your hair with **water** then.
- You may gently use shampoo and conditioner 72 hours after surgery. DO NOT SCRUB your incision line and do your best to avoid hair product directly on the healing wounds. Baby shampoo is recommended for the first week of healing.
- Avoid soaking/submerging your incisions under water until given the ok by Dr. Brace (no baths or pools)

ACTIVITY & DRIVING

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight
- AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery
- You may return to work as early as 7 days after surgery if you feel up to it
- Walks are permitted while healing

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready
- Fresh pineapple is recommended to help with swelling and bruising

AFTER SURGERY

- It is normal for the brow to feel tight and/or have numbness, these feelings will resolve with time
- Expect bruises to form under the eyes up to 4 days after surgery
- Some bleeding is expected from the incision. Keep your head elevated; apply ice packs and avoid strenuous activity
- A brisk swelling in your eyelids that grows larger by the minute and is tense, painful and firm is NOT normal and may represent bleeding under the skin. Call Dr. Brace's office during office hours or Dr. Brace after hours and head to the Emergency Room.
- Nausea is common after a general anesthetic. Use Gravol as needed

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MEDICATIONS

- Dr. Brace will have prescribed your post-operative medications prior to surgery
- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. YOU MAY USE BOTH AT THE SAME TIME
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin for 2 weeks after surgery

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone, if you have any of the following or any concern of an urgent nature:

- You have a mass of swelling that's growing rapidly, this could indicate bleeding under the skin
- You have heavy bleeding that does not stop
- You develop a progressive headache WITH fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5C (101.3F)
- You have nausea and vomiting lasting more than 2 days

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status