



Dr. Frank Stile, MD, FACS
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Browlift : Follow up appointment schedule and general care instructions

Follow up appointments: 1 week, 1 month, 3 months

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel weak and drowsy. You may require help the first few times you get out of bed. You **MUST** get out of bed every 2-3 hours and walk!

Day 1-6

Lite activity

Head elevation

Rest

Walk every 2-3 hours

Clean with gentle soap and water using washcloth - pat dry

Take medications as directed

Bacitracin ointment to incisions every 8 hours

*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort

1 Week- Day 7-13

First office visit

Wound check - Suture and staple removal

May increase activity as tolerated

May wash hair

1 month

Second post op office visit

Wound Check

Begin applying silicone gel to incisions as directed

Advance to full activity

3 months

Third post op office visit

Photos Taken



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BROWLIFT AFTER CARE INSTRUCTION

After surgery keep your head elevated on at least 2 pillows. While awake in bed, flex your feet and legs 3-5 times every hour. When getting out of bed to go to the bathroom, do so only with assistance especially if your eyes are swollen. For the first 48 hours please avoid any type of straining.

Apply surgical pads or ice bags (crushed ice is best) close to the surgery site and to your eyelids as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you will have.

DO NOT SMOKE. This is very important.

If you have discomfort/anxiety take the medication prescribed every 3-5 hours. It is best to take pain medication with crackers, tell-O, etc. Do not take the medication if you are not having pain. Do not drink alcohol while taking the pain and/or anxiety medication.

A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You can start with a soft, regular diet the next day.

Contacts may be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually around 7-10 days.

If your eyes feel dry, use a tear substitute such as Refresh Plus. You can buy it over the counter and you can use it every 30 minutes to keep your eyes moist and comfortable.

After bandages are removed by your doctor, you may wash your hair. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all crusts are out of your hair. Do not use hairsprays while stitches and clips are in place. You may use a moisturizer on your face. Use a hair shampoo/conditioner to get the antibiotic ointment out of your hair.

If used, staples will be in for 7-10 days. Dr. Stile uses staples because staples are kinder to the hair follicles and minimizes possible hair loss.

Excessive and strenuous activities should be avoided for 3 weeks: keep your heart rate below 100 beats per minute during that time and do not lift more than 10 pounds. Slowly increase your activities after 2 weeks so that full activities can be resumed at 3 weeks.

All incisions will be extremely sensitive during the healing phase. Direct sun contact and tanning booths are to be avoided and use a sunscreen with SPF 15 or greater for at least 6 months that has UVA and UVB protection.



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WHAT TO EXPECT AFTER BROWLIFT SURGERY

Often eyes tearing and swelling occur after brow surgery. This will cease as the swelling subsides. You may have a dull-type headache for several days after surgery. This is normal.

Tightness of the eyelids is a normal feeling after the surgery. This may make it hard to close eyelids completely. This will relax with time.

Your forehead will feel tight and there may be a feeling of numbness for several months after the surgery. This will gradually disappear and the feeling will return in about 6 months.

You can expect swelling of the face and eyes after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you are having pain which is NOT relieved by the pain medication please contact our office.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites please call Dr. Stile immediately.