**BROW LIFT INSTRUCTIONS**

**PREPARING FOR SURGERY**

* Avoid NSAIDs (aspirin, ibuprofen, naproxen) for 2 weeks prior to surgery. Acetaminophen (Tylenol) is OK for aches and pains.
* Stop taking herbal medications (fish oil, garlic, ginkgo, glucosamine, etc.) and multivitamins 2 weeks prior to surgery as these may thin your blood.
* Refrain from ALL nicotine use including nicotine replacement therapy 1 month before and 2 weeks following surgery. Nicotine and tobacco can significantly delay healing, prevent fat transfers from being successful, and result in possible scarring.
* Refrain from ALL recreational drug use and any THC usage in any form at least 2 weeks prior to surgery and 2 weeks after surgery. Drug use can cause an increased heart rate and pulmonary complications, which can also lead to bleeding in the early post operative period.
* Discuss any eye disorders (i.e., dry eye, glaucoma, recent surgery) with our team. Certain medications may not be used during the recovery period.
* Avoid significant sun exposure 2 weeks before surgery and 4 weeks after.
* Avoid hair coloring, permanents, or other hair treatments for 2 weeks before and 4 weeks after surgery.
* You will need to schedule a pre-operative physical with your primary care provider **3-4 weeks prior** to your procedure.
* Two weeks prior to surgery you will have a pre-operative phone call with our team. During this call, we will review your medical history and answer any questions you may have about the procedure. It is important that you have completed the physical with your primary care provider prior to this call with our team.
* Plan to take 14 days to rest; after that the bruising is coverable with makeup and the swelling is minimized.
* Arrange to have someone, 19 or older, drive you home from surgery and stay with you for at least 24 hours after the procedure. NO Uber/ride share services allowed.
* You will receive an email with individualized day of surgery instructions.
* All body piercings/metal jewelry MUST be removed prior to the day of surgery. Failure to do so will result in an additional fee collected the day of surgery
* If you’re on any GLP-1 receptor agonist (Semaglutide, Ozempic, etc.) weight loss injections or tablets, refrain from injecting or taking those 3-4 weeks prior to surgery, or as otherwise directed by your surgeon.

**Shopping List**

A qr code on a white background

Description automatically generated

1. New tube of Vaseline or Aquaphor Ointment

2. Q-tips

3. Stool softener (docusate)

4. Tylenol (acetaminophen)

5. Baby/gentle shampoo

6. Easy to prepare, easy to chew meals and snacks

7. Frozen peas (2 bags)

8. Prescription medications

9. Optional- Arnica Forte® (arnica montana and bromelain) for bruising and swelling

**POST-OPERATIVE CARE**

**Dressing Care:**

* Keep your scalp incisions out of the shower for 48 hours. It is ok to gently wash your face with a washcloth. After 48 hours it is ok to gently wash your hair with baby shampoo.
* After your surgical dressing is removed, use a Q-tip to apply Vaseline or Aquaphor ointment to your incisions three times per day. Q-tips are preferred as using your finger increases the risk of infection.
* 1 week after surgery, you will have your sutures removed.

**General Care:**

* Keep your head elevated for the first 48 hours. A recliner is best. Sleeping with extra pillows works as well. This will minimize swelling and help avoid rolling on the side of your face during sleep. Continuing to sleep with an extra pillow will help reduce swelling the weeks following surgery.
* Icepacks, ice water soaks, or frozen peas may be used over the neck, face, and eyes. Do this for the first 48 hours to help with swelling and bruising.
* There will be areas of decreased sensation or numbness on the forehead and scalp. The sensation will normalize with time. Be very careful to avoid trauma/burns when using curling irons, hot rollers, blow dryers, warm packs, and ice packs.
* You may notice that you feel “lumps” at the hairline. This is normal and will dissipate over the next few months.
* You can resume your normal diet but avoid foods that require tall bites (ie- Big Mac) or excessive chewing (ie- steak) for 1 week after surgery.
* It is ok to wear contacts the day after surgery, unless you also had a blepharoplasty. If you are going to wear glasses, they should not put pressure on your incisions.
* You may start wearing makeup 5 days after surgery but do not apply to incisions.
* Avoid hair coloring or permanents for 1 month after surgery.
* After surgery, it is important to have a bowel movement within a day or two. If you do not, you may take over-the-counter stool softeners to encourage your bowels to move.
* All patients are placed on antibiotics for a short time after surgery to prevent an infection. Please complete the entire course of medication as written on the bottle.
* Travel: you should wait to travel by air or long distances until cleared by Dr. Harbison. It is best to keep your car rides shorter than 60 minutes to avoid blood clots.
* Resuming physical activities:
* Light activity (preparing meals, walking around the house) is encouraged immediately to prevent blood clots but no heavy lifting greater than 10 pounds, bending over, or straining until cleared by Dr. Harbison.
* Driving: once you are no longer taking pain medications
* Sports: 6 weeks
* Swimming, sauna, hot tub: 3-4 weeks or as directed by Dr. Harbison
* Scuba diving: 12 weeks

**QUESTIONS?**

* During normal business hours please call 402-739-8144 and follow the prompts to speak with our clinical team. To ensure a timely response, please call our office with medical questions. Please do not email or text post operative questions.
* If you have a concern after hours, you can follow the prompts to speak to our on-call service. Please note, our call service is unable to answer detailed questions about your care. Please contact our office during normal business hours to speak to one of our plastic surgery team members. If you are experiencing a life-threatening emergency, please go to the nearest emergency department.