

JACQUELINE BRAMBILA, PA-C
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Certified, The American Board of Plastic Surgery

BROW LIFT AFTER CARE INSTRUCTIONS

GENERAL INSTRUCTIONS:

- After surgery it is best for you to keep your head elevated on a wedge head rest at a 45° angle when in bed.
- A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or Jello. You can start a regular diet the next day.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided.

Showering and Beauty:

- Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.
- You may lightly wash your hair on the 2nd postoperative day. Do not scrub or massage your scalp at this time. Use antibiotic ointment over the incisions after washing. Be careful when combing your hair, just brush away from the scalp gently.
- Hair coloring should be delayed until 5 weeks after surgery when healing is completed and no crust remains.

Exercise:

- Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute, do not bend at the waist and do not lift anything greater than 5 pounds.)
- After 3 weeks you should gradually increase your activities so you are back to normal by the end of the 4th week.

WHAT TO EXPECT:

- You will experience swelling after the surgery. Swelling is the accumulation of fluid which is the body's way of healing. The swelling will probably be at its worst on the 2nd or 3rd day after surgery. The swelling will gradually improve over subsequent weeks. Some residual swelling can last as long as 1 – 2 months.
- You should expect some slight oozing of the blood from the incision site over the first 2 days. This is normal during the healing process.
- Bruising may last 1 – 2 weeks.
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Follow up appointments

- It is important to be seen by Jackie (PA-C) after your initial post-op checks.
- Jackie (PA-C) will see you in follow-up appointments: 1 wk, 3 wks, 6 wks, 3 months, 6 months and 1 year.
- If you are from out-of-town and cannot see Jackie at the recommended frequency, then it is strongly advised that you establish a relationship with a provider in your hometown who can follow your progress or evaluate you in case of infection, wound separation, or seroma. Jackie and Dr. Dubrow cannot evaluate you or treat you over the phone.
- Call to schedule your appointments at (949) 515-4111 between the hours of 8:30 AM and 5:00 PM to schedule an appointment.

Please call the office at (949) 515-4111 or Jackie (PA-C) at her cell phone at (818) 681-5882 if:

- Redness, increased pain at surgical incision sites, sudden increase in swelling, warmth, drainage (pus), or oral temperature greater than 101°
- Nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication
- Please call between the hours of 8:30 AM - 5:00 PM. If you need immediate care, please call Jackie anytime on her personal cell phone. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, text me, or email me anytime.
- **IF AT ANY POINT YOU EXPERIENCE SHORTNESS OF BREATH, PLEASE VISIT YOUR LOCAL EMERGENCY ROOM PROMPTLY AS THIS COULD INDICATE A PULMONARY EMBOLISM (BLOOD CLOT IN LUNG)**
- Any questions in regards to scheduling or confirming appointments should be communicated with the office staff (not Jackie) at 949-515-4111. If it is the weekend, please contact your surgical coordinator (Maryam or Kim) with those questions.