



Browlift / Temple Lift Aftercare Instructions

IMMEDIATELY AFTER THE PROCEDURE:

When you wake up from forehead surgery you will notice a soft, bulky head wrap dressing. Attached to your head dressing may be one small drain. This drain collects excess fluid and help prevent infection.

Drs. Lieberman and Parikh like to see all patients after surgery early and often. You will be asked to come to our office the following day after forehead surgery for a dressing change and possible drain removal. You will be asked to return in seven days for your first suture removal. You will also have an appointment 14 days after surgery to assess healing.

POST-CARE:

Wound care: Keep dressing dry and intact the evening after forehead surgery. Notify your doctor if the dressings become loose or fall off. It is easy to monitor the drainage. A nurse will show you how at the time of discharge and provide you with "Caring for your drain" handouts.

Your Dressing will be removed the day after surgery. The bandage removal is not painful. We will again instruct you on suture care.

Cleaning the sutures twice per day: If possible, use a Q-tip dipped in hydrogen peroxide, gently cleanse the wound then pat it dry with a clean gauze. Then apply the antibiotic ointment (Polysporin / Bacitracin / Stratamed) in a thin layer. Sutures that have been kept lubricated with ointment are less painful to remove and allow the incision lines to heal with minimal scarring. It is difficult to completely clean sutures in the hair so do the best you can without rubbing the sutures too hard.

Activity: Sleep with head of the bed elevated or use two to three pillows for one week. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. Also, do not do any strenuous activities (aerobics, yoga, heavy lifting) for three weeks after surgery.

Shower / Bathing: Bathing is ok as long as you don't get your incisions/hair wet for a minimum of two days after surgery. You are encouraged to shower and wash your hair twice: the evening before and morning of suture removal (usually post-op day 6 or 7). Shower in tepid water even though the sutures are present. Slowly and carefully clean your hair by rolling it between your fingers.

Ice after forehead surgery: During the day and evening of surgery, you may gently ice for comfort. (20 minutes on, 15 minutes off). Puffiness and bruising can occur but if present usually regresses quickly over the next few days. There are several techniques for icing which are effective. A plastic glove filled with ice or cool compresses are the preferred methods. Icing for 24-48 hours is recommended, icing after this period can be used for comfort.

Pain: It is common to have a headache after this procedure. Take your pain medicine as prescribed for pain.

Hair: Refrain from coloring your hair for five weeks post procedure.



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WHAT TO EXPECT DURING HEALING:

Along the forehead and into the hairline there is mild numbness to the touch. This is always a part of the forehead procedure.

This numbness begins to disappear in a couple weeks, moving from brows toward the hairline. It may take three months for sensation to return to the top of the head.

In very rare instances some numbness may persist.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degree F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding and or foul drainage from an incision site.
- Persistent nausea and/or vomiting.

Here is our office telephone: (650) 327-3232. If you need to reach us after normal clinic hours, use the same number and you will be connected to our 24-hour answering service.

I HAVE READ THIS DOCUMENT. IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: ____ / ____ / ____

Print Patient Name: _____

Witness Signature: _____ Date: ____ / ____ / ____