

**CENTER FOR PLASTIC & COSMETIC SURGERY**  
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**BROWLIFT (Forehead lift)**

You are about to undergo a browlift procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately 1 to 1-1/2 hours. You will spend about 1-1/2 hours in the recovery room. You will likely stay overnight for recovery. You will be discharged home when stable or stay overnight if you are having this done in conjunction with a facelift.

You must have someone drive you home and stay with you during the first 24-hours following discharge.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.

If you are a smoker, you should stop smoking at least four weeks prior to the surgery and for four weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

Discomfort after surgery is controlled with oral pain medications but you may experience continuous discomfort for the first 48 to 72 hours. This may be more like a tight feeling.

Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.

Apply a thin layer of antibiotic ointment on the incision sites in the hairline where the surgical clips are located. No dressings are necessary for a forehead lift.

RECOVERY EXPECTATIONS

Week 1

It is best to sleep on your back with your head slightly elevated with a couple of pillows under your head to help with the swelling.

No driving or lifting or strenuous activity until 3 to 4 weeks.

You may shower and wash your hair with a mild shampoo 2 days after surgery. Only allow the shower to hit your head gently. Pat dry and be very gentle combing your hair.

Make an appointment with our office within five days. At that time, we will remove some of the stitches or staples and will give you further instructions.

Take your prescriptions as prescribed. Complete your antibiotics and use your pain medicine as needed.

### Week 2 and Beyond

Expect bruising and swelling to last for several weeks. The swelling can last up to 3 to 6 months or longer. The bruising is more prominent around the upper eyelids.

You may likely begin normal activities by the end of the first week or beginning of the second week.

Walking is okay within the first 2 weeks; exercise after 4 weeks.

You can expect some numbness in the forehead and hairline following surgery. It may be more prominent on one side than the other and can last several weeks to several months but will likely come back to normal.

It is possible to have hair loss from the trauma of surgery at the incision sites behind the hairline. This hair loss will likely grow back during your healing process.

### PRECAUTIONS

If you have questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling on only one side of the face, fever, chills, a "hot-to-touch" sensation or significant redness.