

## POST OPERATIVE INSTRUCTIONS FACELIFT/ LITE LIFT/ FOREHEAD LIFT/ TEMPLE LIFT (BROW/ ENDOSCOPIC BROWLIFT)

### ACTIVITY

- Rest tonight.
- Wiggle your toes and ankles every hour while in bed.
- Walk every hour for 5-10 minutes (while awake) beginning the day of surgery.
- Walking without fatigue can be resumed immediately after surgery. At 1 week you can begin to take longer walks and do light housework.
- No sexual activity for 3 weeks after surgery.
- **No heavy exercise, bending, lifting, Jacuzzi, sauna, swimming, sun exposure, smoking, alcohol or sports for 3-4 weeks following surgery.**
- If Ativan is used it will make you forgetful. Do not sign important papers for 24 hours.
- If glasses are worn, frames should not touch skin or be too tight. Keep the eyeglass above temple incisions.

### POSITION

- Elevate head and back on a minimum of 2 to 3 pillows or wedge while sleeping or resting. (Place pillows the long way so your chin is elevated at all times). A recliner chair is an excellent way to keep your head elevated while sleeping. During the day, sitting or standing is a great way to keep your head elevated which decreases swelling and bruising.
- Headaches are common after a browlift so keeping your head elevated will help.
- Keep chin position UP

### ICE PACKS

- Yes. This will help minimize bruising and swelling
- Frozen peas work well.
- DO NOT apply ice directly to skin.
- Apply 20 minutes on/ 20 minutes off for 48-72 hours after surgery.

### WOUND CARE -- SUTURE

- Begin wound care 72 hours after surgery
- Clean visible suture sites/incision with Q-tip two three times a day using ½ strength hydrogen peroxide (mix with tap water)
- Apply thin layer of Bacitracin ointment. (Don't allow any crust to collect on stitches).

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- Do not pick or use fingernails to clean (scarring or infection can occur if crusts are picked).
- If you have drains, empty when half full or every 6 hours; keep 24 hour total output for each drain and bring record with you to your office appointment.

### DIET

- Once home, begin with sips of clear liquids such as apple juice, clear soups, or water. If not nauseated progress to a bland diet such as toast, crackers, rice, etc
- After this gradually progress to your normal diet. Restricting your salt intake is helpful to limit the amount of swelling you will have

### DRIVING

- Driving restricted for at least 3 days after surgery and while taking prescription pain medications.

### COMMON MEDICATIONS AFTER SURGERY

- **Antibiotic** - take pills as directed at pre-op appointment
- **Norco (10/325)** 1 tab every 6-8 hours as needed for pain relief.
- **Colace** as needed for constipation (stool softener).
- Continue **healing supplements/surgery vitamins** until gone.
- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision with enlarged pupil if your eye is rubbed.*
- **Zofran 8 mg** ODT every 6-8 hours as needed for nausea.
- **Clonidine patch**- do not remove for one week..This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain and anxiety allowing other medicines to be more effective.
- **Cyproheptadine (Periactin) 20 mg**- take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
- **Aprepitant (EMEND)** 40 mg tablet #1. Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days.

### SHOWER

- Remove head wrap and discard 3 days after surgery or the morning of your first op appointment, whichever comes first. You may then shower and wash your hair.

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- Gently wash with warm, not hot water and avoid pulling hair. Blow dryer may be used on LOW setting.
- Wait 6 weeks after surgery to perm or color your hair.

**TED HOSE**

- Wear TED hose (compression stockings) for the first week and until walking usual daily amount.

**Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.**

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY  
(714) 902-1100***