



1072 Troy Schenectady Rd. Latham, NY 12110

### **POST OP INSTRUCTIONS FOR BROW LIFT / MID-FACE SURGERY**

1. Shower the night before or morning of surgery using an antibacterial soap such as dial. Gently wash your face the morning of surgery. Please avoid use of any make-up the day of surgery.
2. Wear a button down shirt the day of surgery. Please avoid anything that needs to be pulled over your head. Comfortable pants such as sweats or jogging pants are best – please avoid tight fitting jeans.
3. **DO NOT TAKE ASPIRIN OR MEDICINES CONTAINING ASPIRIN** for 14 days prior to surgery and then only on the advice of your personal physician. You should also avoid any alcohol 2 weeks prior to surgery.
4. Following your surgery your head should be elevated on at least two pillows during sleep for the first 14 days. Your head should be higher than your heart in order to help facilitate the resolution of swelling. Do not sleep face down.
5. Some forehead swelling, bruising and numbness are normally present after the forehead and brow lift. Therefore, cold compresses should be applied frequently the first 72 hours after surgery to help reduce swelling. 20 minutes on~ 20 minutes off while awake.  
Any unexplained development of pain of your forehead or fever should be reported to us immediately.
6. Any suture line and/or surgical clips should be cleaned 2-3 times daily with diluted Hydrogen Peroxide-once the dressings are removed. An antibiotic ointment should be applied after cleaning so that a crust (scab) does not have a chance to form at the suture line. Use Bacitracin or Polysporin.
7. You may be up and around the day after surgery, but some natural fatigue may persist for 2-3 days due to normal effects of anesthesia and surgery. It is acceptable to do some light walking 72 hours after surgery. Jogging and light non-contact exercise should not be resumed until 3 weeks post operatively and strenuous sports require 6 weeks of healing before being safely resumed
8. Excessive exposure to sun (including sun tanning parlors) in the first 3 weeks after surgery may result in prolonged facial swelling and injury to the skin. Thereafter, you should always protect your skin with a strong sunscreen in order to decrease the inevitable aging effects of the sun on your skin.
9. You may gently shampoo your hair 72 hours after surgery, avoiding any strong rubbing or combing, causing trauma to the incisions in the hair and around the ear.  
Do not blow dry for 6 days or if surgical clips are present. Postpone any planned permanent waves or hair coloring for four weeks following surgery.
10. You may eat a normal diet the day following the surgery, preferably low salt. Talking, smiling and chewing are perfectly acceptable. There may be a “tight” sensation – this is normal. Soft foods may also be preferable during the first few post operative days.
11. It is not uncommon for swelling to shift during the week post-operatively – often settling in the jowl area. This is temporary and will resolve over time.

12. Often patients experience a “squishy” feeling in their scalp after surgery. This is due to fluid accumulation and is reabsorbed within a week or so.
13. Finally, it is **very important** to your well being that you follow completely all instructions given you by this office, and that we check your progress regularly following surgery.

**DON'T TAKE ANY CHANCES!** If you are concerned about anything you consider significant, please call me at **(518) 786-7000**.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

*Edwin F. Williams III M.D.*

