

## BROWLIFT PRE-OPERATIVE INSTRUCTIONS

- It is common for the swelling and bruising to increase 2-3 days following surgery. It is strongly recommended that you use cold compresses (wash cloths soaked in ice water) during the first 24-48 hours to help keep the swelling to a minimum. Please do not apply ice to the area.
- Watch for any abnormal swelling in the forehead that feels firm or fluid filled. If this happens, please contact us at 949.650.8882, as this may indicate a collection of fluid under the skin and may need to be drained by Dr. Batniji.
- Shower at least once a day, shampooing your hair (with baby shampoo only) and gently massaging the incisions in the hairline. **PLEASE DO NOT USE HYDROGEN PEROXIDE OR VASELINE ON THE INCISIONS IN THE HAIRLINE.** Do not use any hair products until you have returned for your one week post-op appointment. You may experience numbness of the forehead; therefore, we ask that you do not blow dry your hair unless you have a dryer with a cool setting.
- Keep your head elevated at all times for the first week of recovery. We recommend sleeping on 2-3 pillows at night.
- Please do not bend forward, strain or lift anything during the first week of recovery.
- It is helpful to wean yourself off of the pain medication as soon as possible. Try taking Extra-Strength Tylenol in place of the Darvocet N-100. **DO NOT TAKE ASPIRIN or IBUPROFEN PRODUCTS AS THESE MAY INCREASE THE RISK OF BLEEDING.**
- Please wash your hair the night before or the morning of your 1 week post-op visit, allowing it to dry before you arrive to the office. You will not be able to wash your hair after the sutures are removed until the following day.
- All of the sutures and/or staples in the hairline will be removed at your 1 week post-op visit.