

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

POST-OPERATIVE INSTRUCTIONS FOR ENDOSCOPIC BROWLIFT

Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation, Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.
- You may apply a light coating of ointment on the incisions to prevent crusting.

Drains/Dressings

- It is routine that you go home from the surgical center with a single drain to remove excess fluids produced by the surgery. The surgical facility staff will show you, and the person taking care of you, how to care for the drain.
- The drain is placed down the middle to the top part of your scalp. The drain is typically removed at your first post-operative appointment, approx. 3-6 days after your surgical procedure.
- You will have no surgical dressings around your head. You will have two small incisions above each eyebrow in the scalp. These incisions may drain a blood-tinged fluid for up to 72 hours.
- Two tiny screws are placed in your scalp to help maintain your forehead lift during the healing process. These screws will be removed approx. 10-14 days after your surgical procedure.

Pain/Discomfort

- You can expect moderate to severe discomfort after your surgery. A temporal headache with significant feelings of pressure can last up to 72 hours. This can be alleviated with the use of your pain medication.
- Varying amounts of swelling and discoloration around the upper eyelids, cheeks, and temples can be expected. Swelling reaches its peak by 72 hours and then steadily diminishes. Most swelling is gone by three weeks.
- You may experience feelings of agitation or depression 3-4 days after surgery. This may last 2-3 weeks. These feelings are normal for this procedure.
- You will notice areas of numbness on the forehead, frontal scalp, and temples. This is normal and sensation will return throughout the healing process. It can occasionally take 6 months to have full sensation return.

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Driving/Lifting/Exercise/Sleeping

- You may drive as long as you **are not** taking narcotic pain medication.
- For the first **48** hours after surgery, you need to remain quiet and resting in a recliner with your head elevated or in a seated position.
- Avoid dramatic facial expressions, straining, bending over, and lifting more than 15 pounds for 5 full days.

Washing/Makeup/Showering

- For at least **3 weeks** after your surgery, **do not** rub your forehead or temples. The force produced by rubbing can cause bleeding.
- You may gently pat the skin dry after bathing or when applying makeup.
- You may begin to wear makeup **3 days** after your procedure.
- You may shower and shampoo your hair once the drain is removed. Use gentle pressure on the scalp and around the incision lines to prevent irritation.