

# SIEGEL

FACIAL PLASTIC SURGERY

## **After Endoscopic Brow Lift**

- What can I expect after surgery?
- Call the Office promptly if you notice any of the following
- How do I care for myself after surgery?
- Recovery timetable

### What can I expect after surgery?

There may be mild pain and discomfort associated with the surgery. This should be easily controlled with oral medications. Severe pain is rare; if you experience this, please contact us immediately.

The discomfort and pain should begin to decrease within 48 hours after surgery. A significant increase in pain after this period should prompt you to call the office.

At the time of surgery, a large cotton compression dressing over your forehead and scalp may have been applied. This dressing will be removed the day after surgery. It serves to help prevent blood collection under the skin

A sense of tightness in the forehead and brow region is to be expected after surgery.

After the surgery, you will notice some bruising and swelling, especially over the upper eyelids (sometimes over the lower eyelids as well since bruising will descend downwards secondary to gravity) and the bridge of the nose. In rare cases, the swelling may be enough to close the eyes. This is most likely to occur about 36-to-48 hours after surgery, as the swelling usually peaks at

this time. After 48 hours, the swelling and bruising rapidly subside. To minimize the swelling, sleep with your head elevated with at least three pillows for the first week after surgery.

In the first 2-to-3 weeks after surgery, the brows may appear to be excessively elevated. Do not worry, they will settle into a more normal position with time. Your final brow position will be appreciable at approximately 3 months.

Call the office promptly if you notice any of the following:

- significant progressive increase in pain which is not easily relieved by taking your prescribed medication.
- development of a temperature exceeding 101.5 degrees, unusual bleeding, or purulent discharge from the incisions.
- there is a change in your vision.

**If any of the above should occur after regular office hours, do not hesitate to reach Dr. Siegel directly on his cell phone at 832-265-1935.** For whatever reason if you notice one of the above changes and cannot reach us at our office or through the answering service, present yourself to the emergency department for evaluation.

## How do I care for myself after surgery?

Be sure to fill your prescriptions before your surgery.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and 2 weeks after your surgery unless you first discuss it with your surgeon.

Make arrangements to have someone drive you to, and from, your surgery.

Having someone stay with you on at least the first night after your surgery is highly recommended.

Avoid all nicotine products, including nicotine patches, at least 2 weeks before and after surgery. Nicotine prevents optimal healing.

You should thoroughly wash your hair with an antibacterial shampoo (such as Hibiclens®) or soap (available in drug stores) the night before surgery.

To minimize swelling around the eyes, you may use cool, clean compresses or frozen corn in Ziploc bags in a dry cloth. Apply these gently to your closed eyes four times a day for the first twenty-four hours after surgery. It is impractical to apply the ice or compresses to the forehead area, as this area will be covered with a cotton dressing for the first four days after the surgery. If no dressing is used, then ice may be applied to the forehead region as well.

Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.

Sleep with your head elevated for 1 week after surgery.

It is not unusual to have some slight drainage from the small incisions in your scalp for the first few days after your surgery. The drainage is most often red or pink.

Occasionally, your eyes may feel dry or irritated for up to several weeks after your surgery. Using a natural tear solution or saline solution during this period may be helpful. You may purchase natural tear solutions in any drug store without a prescription.

If a dressing is placed after your surgery, it will be removed the following day. You may shower at this time but be careful not to scrub the incisions for the first two weeks. The sutures will be removed 10-14 days after surgery. for longer periods. Occasionally, Dr. Ducic will ask you to use antibiotic ointments for longer than 1 week. Such cleansing is required for only the first 3 weeks after the surgery.

In addition to a sensation of tightness across the forehead, the forehead and scalp may feel numb. The area of numbness will gradually get smaller. Very rarely, this numbness may persist to a small degree indefinitely. It is important to be very cautious when blow-drying your hair or

when using a curling iron. As a result of the decreased sensation in your scalp, you may not be able to fully appreciate the heat generated by these devices.

You should avoid vigorous exercise or strenuous exertion such as lifting or straining for a minimum of 3 weeks following surgery. Plan on taking it easy.

Do not massage, rub, or place any tension on the incisions for a minimum of 4 weeks after your surgery.

## Recovery timetable

Approximate recovery after endoscopic brow lift is as follows:

**DAY 0:** Return home. Leave any dressing undisturbed.

**DAY 1:** Return to the office Dressing will be removed. May use ice or cool compresses for the first 24 hours. Bruising and swelling are moderate. May shower without scrubbing the incisions.

**DAY 2-3:** May have mild aching, throbbing. Maximum swelling and bruising. Forehead and scalp tightness.

**DAYS 10-14:** Sutures are removed. Remove any dressing at home. Take a shower. ent. Repeat 2-to-3 times per day. The Brow position may seem too high (don't worry, they will settle to a more normal position)..

**DAYS 14-and-forward:** Numbness subsiding. Signs of normal sensation returning as you may feel itchy or various scalp sensations.

**REMEMBER: If you have any concerns or questions, please contact our office at any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation and continuing after your surgery. Dr. Siegel can be reached after hours on his cell phone at 832-265-1935.**