



**HOBGOOD FACIAL PLASTIC SURGERY**  
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## Endoscopic Brow Lift (Forehead) Surgery Instructions

**YOU WILL NEED TO PURCHASE:** FROZEN PEAS, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), HYDROGEN PEROXIDE, Q-TIPS, PRESCRIPTIONS.

### Evening Before Surgery

1. **DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY.** This includes gum, candy, mints, etc.
2. Wash your hair and face thoroughly.
3. Take medications as prescribed.

### Morning of Surgery

1. Shampoo hair (if not done the night before). Dry hair and comb out any tangles. Wash your face thoroughly, ensuring ALL makeup is removed.
2. Bring a scarf to surgery. Please wear loose, comfortable clothes that button or zip up in the front.

### After Surgery

1. Relax and rest with head slightly elevated (2 pillows) for three to five (3-5) days.
2. Apply ice packs or frozen pea packs to forehead intermittently for the first 72 hours after your surgery. Use a thin washcloth between the plastic and your skin.
3. Take your pain medication every four to six (4-6) hours if needed. If you have no pain, do not take the pain medication. If you have minimal pain, you may take Extra Strength Tylenol. If prescribed, take antibiotics as directed.
4. Clean incisions with hydrogen peroxide, followed by antibiotic ointment, three (3) times a day.
5. Refrain from strenuous exercise and activities for one (1) week after surgery.

### Other Instructions

1. You may have a turban-type dressing wrapped around your head. If so, it will remain in place for 48 hours, then a lighter dressing may be applied.
2. You may experience bruising and swelling around your eyes and cheeks. This is not unusual and should gradually diminish over a period of two (2) weeks.
3. You may shower and shampoo hair with mild shampoo after dressing is removed, usually in 24 hours.
4. Use the cool setting on your hair dryer as you may have some temporary numbness of your forehead and scalp after surgery.
5. Limit your activity for 72 hours. You may drive a car when you are no longer taking pain medication. Sexual activities may be resumed after 48 hours.
6. Caution should be exercised to avoid hitting the incision line and bumping your head.
7. If you experience sudden swelling, bleeding, or body temperature elevation, call the office immediately.

### General Information

1. It is usually not necessary to trim any hair for browlift surgery, but occasionally may be trimmed around the incision site. This is easily hidden by surrounding hair.
2. There may be temporary hair loss around the incision site. This usually grows back in two to three (2-3) months.

3. Stitches are generally removed one to two (1-2) weeks after surgery. This is usually painless.

**Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.**