

## ***Todd C. Hobgood Facial Plastic Surgery***

### **ENDOSCOPIC BROWLIFT (FOREHEAD) SURGERY INSTRUCTIONS**

**You will need to purchase:** Q-tips, hydrogen peroxide, a tube of antibiotic ointment (Bacitracin or Polysporin), frozen peas, and prescriptions.

#### **Evening Before Surgery:**

1. Wash your face and hair thoroughly.
2. NOTHING to eat, to drink, or smoke after midnight.
3. Take medications as prescribed.

#### **Morning of Surgery:**

1. Wash your face and hair thoroughly; comb tangles out of hair.

#### **After Surgery:**

1. Relax and rest with head slightly elevated for three to five (3-5) days.
2. Apply ice packs or frozen peas to forehead intermittently for the first 72 hours. Use a thin washcloth between the plastic and your skin.
3. Take your pain medication every 3-4 hours, if needed. If you have no pain, do not take the medication. For minimal pain, 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.

#### **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 because you may have some temporary numbness of your forehead and scalp.
5. Limit your activity for 72 hours. You may drive a car when you are no longer drowsy from the pain medication. Sexual activities may be resumed after 48 hours.
6. Caution should be exercised to avoid hitting the incision line or bumping your head.
7. If you experience sudden swelling, bleeding, or body temperature elevation, call the office immediately.

#### **General Information:**

1. For a browlift, it is usually not necessary to trim any hair, but occasionally a portion of hair around the incision line is trimmed. This is easily hidden by the surrounding hair.
2. There may be some temporary hair loss along the incision line. This usually grows back in two to three (2-3) months.
3. Stitches are generally removed eight to fourteen (8-14) days after the surgery. This is usually painless.

**Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.**