

Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

415.956.3223 500 Sutter Street, Suite 430
San Francisco, CA 94102

BROW LIFT POST-OP INSTRUCTIONS

TO REDUCE SWELLING: When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week.

BANDAGES: Any bandages on your head and face are changed in your first follow up visit.

ICE: Icing reduces both bruising and swelling. Apply ice up to 20 minutes per hour, while awake, for the first 48-72 hours.

MEDICATIONS: Take all medications as instructed. Pain medication can be taken as frequently as every 4 hours if required.

ACTIVITY: The first night after surgery, bed rest with a small amount of walking is allowed. No bending, stooping, or straining for 7 days. Avoid strenuous exercise for 3 weeks and swimming for 4-6 weeks. Avoid over-heating and over exertion.

WASHING/BATHING: Do not get your bandages wet. Starting 48 hours post op, wounds on your forehead can be gently cleaned by rolling q-tips soaked with hydrogen peroxide over the suture lines. This removes dried blood and any crusting. This cleaning should be done twice per day until there's no longer any crusting or dried blood. After cleaning the wounds, Bacitracin or polysporin ointment should be applied to the suture line 3 times per day, beginning 3 days post-op. On the 3rd day post op, you can also wash your hair, avoiding your suture lines.

DIET: Only liquids should be taken for the first 6 hours after surgery. A light soft diet may be tried in small amounts after that. A normal diet may be resumed the next morning.

SIGNS OF INFECTION: You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately. These could be signs of infection.

QUESTIONS: Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's contact number or call coverage arrangements are indicated.