



## BROW REDUCTION /HAIRLINE LOWERING POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

**You will need someone to drive you home and stay with you for the first 24 hours after surgery. Do not drive for 48 hours.**

**You CANNOT have anything to eat or drink after midnight prior to surgery.**

**The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.**

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

**For the first 48 hours after surgery** sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **Do NOT bend over.**

Use ice compresses regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort use Acetaminophen (Tylenol) 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication will be prescribed to you by Dr. Jaggi, only if he deems necessary.

**Do not** lift (greater than 10 pounds), bend, exercise, swim or fly for **2 weeks** following your surgery.

**Do not** wash your hair for the first 3 days after surgery. You may wash your face, carefully avoiding the dressing. Take tub baths until day 3. Cleanse all areas gently and pat dry. You may also use a blow dryer if done without a comb or brush for 2 weeks.

Make-up may be used after **day 5**.

Contact lenses may be worn **2-3 weeks** after your procedure.

Do not pluck eyebrows for **2 weeks**.

For crusting around the suture line, cleanse gently with warm water. Avoid rubbing hard directly over the suture lines.

\*\*\*An ointment (Cytoderma) for your incision will be given to you. This should be applied twice daily once your dressings are removed\*\*\*

**CONTINUED ON REVERSE**



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**Absolutely avoid** direct sun or tanning for 6 weeks after surgery. Heat may cause the eyes or face to swell. Wear a hat and sunscreen to reduce chances of sunburn.

Wear clothing that fastens in the front or back for **1 week**. Avoid slipover sweaters, T-shirts, and turtlenecks.

It is normal for some facial, cheek, and eye swelling and discoloration to be present for the first **2-3 weeks**.

It is normal to have numbness in the forehead that may come and go for up to **1 year**.

You will be booked for a follow up appointment to have your sutures removed.

### **Contact Dr. Jaggi if you develop any of the following:**

- Redness or excessive bleeding from your incision.
- Severe pain, uncontrolled by pain medication.
- Visual changes or a decrease in vision.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital within 10 days of having your procedure.

**\*You will be given an emergency contact number upon discharge**