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INSTRUCTIONS FOR BROWLIFT SURGERY

BEFORE SURGERY:

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

Starting two days prior to surgery, wash your face, neck and ears with anti-bacterial soap (Dial, Safeguard, Phase III, etc.).

The evening prior to surgery, shampoo your hair with baby shampoo. After the hair is dry, wrap it in a towel, turban or scarf, and wear this to the surgery center. There is no need to set or style your hair. If you tint, dye, or bleach your hair, this should be done no later than 48 hours prior to surgery.

If you develop any signs of fever, infection, pustules, or boils, please notify the office.

Purchase a large bag of frozen green peas or corn and one box of snack size Ziploc bags. Fill six to eight of these bags with the frozen vegetables and place them in the freezer. These will be used immediately after surgery for cold compresses on the eyes and forehead to decrease the bruising and swelling.

You may brush your teeth the morning of surgery, but **have nothing to eat or drink after midnight the night before surgery**. If you take any medications for blood pressure or your heart, please take them with a small sip of water as scheduled.

Please do NOT wear any makeup, nail polish or jewelry to the surgery center on the day of surgery.

Please wear a comfortable, loose fitting, button-up blouse or shirt type dress, which does not require being put on over the head. Do not wear pantyhose, boots, or a girdle.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately two-three days after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You must have someone spend the first night with you. Further instructions will be given to whoever takes you home.

If you have any questions prior to surgery, please call the office during scheduled business hours.

«Person_First_Middle_Last»

AFTER SURGERY:

You are to go directly home and remain in bed, with your head elevated, for 24-36 hours. You may have bathroom privileges, but with assistance. Bandages are to be kept dry and remain in place until you are seen in the office, usually on the fourth or fifth post-operative day.

Take medications as directed**. NO alcohol while taking your prescribed medications.

Upon arrival to your home, you may have small quantities of liquids as desired and/or tolerated (use of a straw is helpful). It is advised that you eat a very small amount of pudding or yogurt to coat the stomach prior to taking pain medication. **If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the nausea subsides or until the following day when you may progress to a soft diet. After that, you may eat as desired and/or tolerated. Hot and/or spicy foods may cause additional swelling.

72 hours post-surgery, you may get the incisions wet. Be gentle when cleansing your face around the forehead staples. Pat the area dry.

Do not shampoo your hair until instructed, usually five to ten days after surgery.

Keep your head elevated above your heart for the first two weeks after surgery. Using two, firm pillows or a sleeping wedge while sleeping will help to keep your head elevated during the night. Another option is to sleep and rest in a reclining chair.

If you need to bend over, bend from the knees, NOT the waist.

Swelling and discoloration are to be expected. Excessive or uneven swelling (more on one side than the other) should be reported to the office immediately.

Avoid getting overheated, sunbathing, and/or HOT foods until told otherwise. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

Appointments should be kept on the proper days to ensure that you are healing on schedule.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.

In the event of an emergency AFTER hours / AFTER surgery:

Please send a text message to (818) 458-0340. Dr. Vartany will respond immediately.