



KONSTANTIN vasyukevich ^{m.D.}

facial PLastic & RECONSTRUCTIVE SURGEON

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POSTOPERATIVE INSTRUCTIONS: BROWLIFT

first day.

Once you get home you should start taking pain medications and antibiotics as prescribed by Dr. Konstantin. Pain medication taken on an empty stomach can make you nauseous, so try to eat something before you take it. Remember to avoid Motrin, Ibuprofen, Advil, and Aspirin for one week after the procedure. Do not change or remove the postoperative dressing. Sleeping on two or three pillows with your head elevated above the level of the heart will also help to reduce the swelling. You can also use cold packs (cool rather than freezing cold) over the area of the brows and upper forehead for about 20 min at a time every 1-2 hours.

SECOND DAY.

You can remove the dressing and clean the incision lines with wet gauze. Apply Bacitracin ointment to incision lines 3-4 times daily and replace the support dressing. Do not apply the dressing too tight as it may cause prolonged facial swelling. Continue using pain medications as needed. Continue sleeping with you head elevated. Discontinue the use of cold packs after the second day.

THREE TO SEVEN DAYS.

You can take shower and wash your face. Try to avoid coffee, hot or spicy food and cigarette smoke for the next three to four days. At this point postoperative swelling will start gradually subsiding. You may go on with your normal daily activities and gradually resume your regular diet. Avoid running, strenuous exercise, or bending down. You can stop using support dressing after three or four days.

Day seven.

Dr. Konstantin or his assistant will remove sutures in the office. You may resume your normal activities including moderate exercise. Avoid contact sports and very strenuous exercise for another two to three month. Continue wearing support dressing at night for another four weeks.

TWO MONTH.

Follow up visit will be scheduled in Dr. Konstantin's office.