

Scott P. Bartlett, M.D.
Plastic and Reconstructive Surgery

WHAT TO EXPECT WITH YOUR BROWLIFT

PREOPERATIVE INSTRUCTIONS

1. Do not eat or drink anything after midnight the night before your surgery.
2. Do not use make-up the morning of surgery.
3. You may take a shower and wash your hair the morning of surgery,
4. If you use hair coloring, you may do so the week prior to surgery. After surgery, no hair coloring for 6 full weeks.
5. You may want to bring a scarf and dark glasses to wear home after surgery.
6. The Penn Tower Hotel is the recommended choice for an overnight stay after surgery if suggestion by the doctor. Please arrange for someone to accompany you from the hospital to the hotel room and stay with you overnight. You will be seen in the office the next morning for dressings and drain removal. You may not drive yourself.

POSTOPERATIVE INSTRUCTIONS

1. The first two weeks following surgery get plenty of rest and reduce your activities. When you resume normal activities, do so gradually.
2. You may take pain medication every four hours if you need it. Avoid any activity immediately after taking the medication, as you may experience some drowsiness. If you develop constipation from the pain medication, increase your fluid intake and take a gentle laxative if you need it.
3. You may shower and shampoo your hair using a mild shampoo the first day after surgery. A cream rinse will help soften your hair.
4. Please call today to set up a suture removal appointment 7-10 days post surgery by the nurse. However, if you had other facial surgeries in addition to the brow, you may need two separate appointments for suture removal (sutures on any area of the face are usually removed at 5 days post surgery). You may also make a follow-up appointment with your surgeon for approximately 4 weeks post surgery.
5. If you have difficulty of any kind, please call (215) 590-2209. If you have an emergency after 4:00pm or during the weekend, please call (215) 662-4000 and ask for the plastic surgery resident on call. The operator will page the resident.

REMEMBER:

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- a. Swelling from the procedure will include not only your scalp and forehead, but will extend down to your eyes. There will also be some bruising. Over the next three to four weeks, all swelling and bruising will subside.
- b. Do not use a hair dryer, hot curlers or curling iron for three weeks. You may have less sensation on your scalp and may not be aware that you are burning your skin.
- c. You may lose some hair along the suture line because the hair follicle remains dormant for about six months. This is usually temporary, and gradually within four to six months, the hair will grow back.
- d. Do not use hair coloring or tinting for six weeks following surgery.
- e. It is normal to feel a pulling or tightness in your forehead and scalp. As the skin relaxes slightly in the months following surgery, these feelings should diminish.
- f. Notify the office immediately if you develop a temperature 101 degrees Fahrenheit or greater. Call 215-590-2209 (after 4:00PM and on weekends, call 215-662-4000 and ask for the plastic surgery resident on-call).

*** Please note, these are generalized instructions; you will be given specific instructions to suit your particular needs upon your discharge.*