

Post-Op Instructions for Brow lift / Mid-face Surgery

1. Shower the night before or morning of surgery using an antibacterial soap such as Dial. Gently wash your face the morning of surgery. Please do not apply any makeup.
2. Wear a button-down shirt the day of surgery. Please avoid anything that needs to pull over your head. Comfortable pants such as sweats or jogging pants are the best.
3. Do not take aspirin or aspirin containing meds for 14 days prior and 7 days after. Other routinely taken medicines may be taken. Avoid alcohol for 2 weeks before surgery.
4. Sleep on your back with your head elevated. Use at least two pillows for the first week.
5. Forehead swelling, bruising, and numbness are normal. Cold compresses should be applied for the first 72 hours after surgery. 20 minutes on / 20 minutes off while awake.
6. The dressing can be removed the day after surgery. A smaller dressing will be worn for 3 more days.
7. Sutures and surgical clips should be cleaned 3 times daily with dilute Hydrogen Peroxide, once the dressings are removed. Apply bacitracin antibiotic ointment after each cleaning.
8. You may be up around the day after surgery. Light walking can begin 72 hours after surgery while strenuous exercise requires 6 weeks before being safely resumed.
9. Your facial skin is sensitive to sun following surgery. Avoid excess sun, sunbathing, or sunlamps for six months after surgery. Heat may cause swelling. If you are to go out in the sun, you must wear a wide brim hat and apply sunscreen SPF 50 every two hours.
10. You may gently shampoo your hair 72 hours after surgery, avoiding any strong rubbing or combing, causing trauma to the incisions in the hair. Do not blow dry until surgical clips are removed. Postpone any hair coloring for four weeks following surgery.
11. You may eat a normal diet the day following surgery, but soft foods may also be preferable during the first few post-operative days. A “tight” sensation is normal.

Don't take any chances! If anything concerns you, please give us a call at 715-828-2368.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Robert J. DeFatta, MD, PhD, FACS