

MICHAEL J. SUNDINE, M.D., F.A.C.S.  
AESTHETIC PLASTIC SURGERY  
Certified By The American Board of Plastic Surgery

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**BROWLIFT  
AFTER CARE INSTRUCTIONS**

- After surgery keep your head elevated on a wedge pillow. While awake in bed flex your feet and legs 4-6 times every hour. When getting out of bed to go to the bathroom, do so only with assistance, especially if your eyes are swollen.
- Apply surgical pads or ice bags (crushed ice is best) over the forehead and eyelids as much as possible during the first 72 hours after surgery, as this will reduce the amount of swelling you will have. **DO NOT SMOKE!** Smoking can cause poor wound healing and may result in bad scarring.
- For the first 72 hours please avoid any type of straining. However, it is good to get out of bed and sit in a chair after surgery. You may go for a light walk and may go up and down stairs following the procedure.
- If you have discomfort/anxiety, take the medication prescribed as directed. It is best to take the pain medication with crackers, Jell-O, etc. Do not take pain medication if you have no pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jello. You can start with a soft, regular diet the next day.
- You can expect swelling of the face and eyes after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you having pain that is NOT relieved by the pain medication, call Dr. Sundine at 949-706-3100
- If your eyes feel dry, use a tear substitute as you need it to keep your eyes moist and comfortable. (*Refresh Plus* is excellent; you can buy it over the counter and you can use it every 30 minutes if needed)
- You will have a single drain in place that will run vertically down the center of your forehead. The drain is almost always removed on the first day after the surgery.
- After the drain has been removed you may wash your hair with a gentle shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. You will not be able to remove all of the crusts until the sutures are all out.
- The scalp sutures will be removed around 10 days following the operation.
- Exercise and strenuous activities should be avoided for 3 weeks; keep your heart rate below 100 beats per minute during that time and do not lift more than 10 pounds. Slowly increase your activities after 2 weeks so that full activities can be resumed at 3 weeks.

**GENERAL INSTRUCTIONS:**

- Tearing and swelling of your eyes will often occur after brow surgery. This will cease as the swelling subsides.
- You may have a dull-type headache for several days after surgery. This is normal. Tightness of the eyelids is a normal feeling after the surgery. This may make it hard to close the eyelids completely. This will relax with time.
- Contacts may be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually around 4-5 days.
- Your forehead will feel tight and there will be a feeling of numbness for several months after the surgery. This will gradually disappear and the feeling will return in about 6 months.

- All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen that has UVA and UVB protection for at least 6 months.
- Please take all medications carefully and as directed.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications please call the office.
- If you develop a fever (oral temperature greater than 101°), redness, or increased pain or swelling at the surgical incisions, please call the office immediately.
- Occasionally, you may have some temporary hair loss in the area of the incision. A majority of time this is temporary and due to the trauma of surgery to the hair follicles-it will resolve in 4-6 months.

## **IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR SUNDINE**

Please call the office at 949-706-3100. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office or e-mail me any time.

Dr. Sundine's Office: 949-706-3100

Dr. Sundine's e-mail: [info@drsundine.com](mailto:info@drsundine.com)