

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

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) close to the surgery site and to your eyelids as much as possible during the first 72 hours after surgery, as this will reduce the amount of swelling you will have.
- 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.
- If you have discomfort/anxiety take the medication prescribed every 4-8 hours. It is best to take the pain medication with crackers, jello, etc. Do not take the 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 are having pain which is NOT relieved by the pain medication, call Dr. Rohrich at 214-500-4870.
- 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 can remove any remaining head bandages 24-48 hours after surgery and wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of your hair. Do not use hairsprays, conditioner or any other hair products, only use a blow dryer on cool settings while stitches and clips are in place. You may use a moisturizer on your face.
- The staples will be removed in 7-10 days. Dr. Rohrich uses staples because they are kinder to the hair follicles and minimize possible hair loss.
- Excessive 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. This includes sexual intercourse and sexual activity. Slowly increase your activities after 3 weeks so that full activities can be resumed at 4 weeks.

BROWLIFT

AFTER CARE INSTRUCTIONS (continued)

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 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 with SPF 15 or greater 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.

BROWLIFT
AFTER CARE INSTRUCTIONS (continued)

It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. 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 email me anytime.

Dr. Rohrich's cell: 214-500-4870
Dr. Rohrich's email: rod.rohrich@utsouthwestern.edu
Dr. Rohrich's website: www.drrohrich.com

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