



POST OPERATIVE INSTRUCTIONS FOR BROW AND FOREHEAD LIFT

1. After the operation there will be an elastic compression dressing applying gentle pressure to the brow. Leave this dressing on for 24 hours and Dr. Mueller will remove it the next day.
2. Elevate your head on several pillows or sleep in a recliner. Elevation helps diminish the swelling. Ice compresses should be used for at least 24 hours, or longer if desired.
3. You may gently wash your hair with a mild shampoo, such as baby shampoo, 48 hours after your surgery. Use good conditioner to help remove tangles from the hair. Avoid pulling sutures or staples when brushing your hair. You may experience some numbness of your scalp, so be sure to use low heat setting if you dry your hair as to not burn your scalp.
4. Some bruising and swelling is expected with the procedure and should resolve within ten days or so. You may experience blurred vision due to the ointment used in the eyes during the surgery. This should resolve in 24 hours or so. Headaches are to be expected and should resolve within the first three to five days. You may have numbness or decreased function of your forehead. This may last a few days to a few months. This is generally due to injections of a local anesthetic and/or swelling around the nerves. The scalp behind your incision may remain numb and/or itchy for several weeks to months.
5. Every patient heals differently. Your final result will not be achieved for several weeks to months. Dr. Mueller may have you wear a tennis type headband for a week or so.
6. Take all medications as directed. If you have any questions, please contact the office.
7. Avoid foods that contain salt, particularly canned foods such as soup, as this can aggravate swelling.
8. You may drive a car when you can comfortably move your head and have no blurred vision. No bending over, heavy lifting, or strenuous exercise should be done for the first two weeks. You may walk to keep in shape, as this will not compromise your healing or final results. Dr. Mueller will advise you on increasing your activity at your office visits.
9. Please schedule a follow-up appointment in 7 – 10 days to have your sutures removed. If you have any questions that are not answered here, or any concerns, Dr. Mueller is available at (757) 406-7400 on a 24 hour basis.