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GUIDELINE FOR RECOVERY AFTER BROWLIFT

DAY 1- After returning home, leave your surgical dressing on undisturbed until it is removed in the office the next day. Use a zip lock bag with frozen peas or ice or cool compresses for the first 48 hours. Bruising and swelling will be moderate. Finish your antibiotic, take Vitamin C and Arnica Pills or Bromelain as directed. You may take prescribed pain medication or Tylenol (not together) with food to avoid nausea. Take prescribed Xanax at night to help sleep. You may take a bath but no shower until 48 hours after surgery when you can wet the stitches.

DAY 2-4- You may experience aching, throbbing, swelling and bruising. You may feel scalp and forehead tightness. You will be seen in the office on DAY 2 for drain and dressing removal (the drains are attached to bulbs that help minimize swelling). Removal of the drains is a quick process with minimal pain. You may take your pain medication before coming to the office. After the dressing is removed, gently clean the incisions with over the counter Hydrogen Peroxide on a Q- tip, followed by antibacterial ointment such as Bacitracin or Neosporin 3x per day. Drink plenty of water to help flush the body after surgery. Eat lightly and gradually increase food intake. Start with softer foods such as soup, bananas, potatoes or yogurt. Avoid alcohol for the first week.

DAY 3- You may shower today and wash your hair. Gently wash around the incisions. When blow drying your hair, remember you may have numbness around the scalp area.

DAY 6-7- Driving is permitted as long as you have not taken any prescribed medication. Your stitches will be removed in the office. You will see an improvement in bruising and swelling. You will no longer need to clean the incisions or apply ointment. You may use a warm compress for swelling and bruising. Use Palmer's Cocoa with Vitamin E to gently massage the areas of residual swelling or bruising. Massage for 5-10 minutes 2x per day. Continue for 3 months or as needed.

Notes: No Bromelain or Arnica before surgery. One week after surgery start both