

**J. David Kriet, MD, FACS**  
**KU Facial Plastic Surgery- Dept. of Otolaryngology**  
**3901 Rainbow Blvd. Kansas City, KS 66160 913-588-0101**

**Pre- and Post-Operative Instructions for Your Browlift Surgery**

Please read these instructions **before** and **after** your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this list with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact me or my office. We want you to have a pleasant and enjoyable experience.

Your surgery is scheduled on \_\_\_\_\_ at \_\_\_\_\_

**Preparing for Browlift Surgery**

- Avoid aspirin, ibuprofen (Advil, Motrin, and other non-steroidal anti-inflammatory medications), Vitamin E, or any medications containing these compounds for two weeks before surgery.
- Discontinue herbal medications two weeks before surgery since many of these compounds can increase bleeding or interfere with your anesthetic.
- Refrain from smoking two weeks before and two weeks after surgery. Nicotine and tobacco smoke delays healing and can result in scarring. This is the perfect time to give up the habit.
- Avoid sun damage two weeks before surgery. While we recommend wearing an SPF 30 or higher; our physicians and staff wear an SPF 50 every day.
- Have your prescriptions filled prior to the day of surgery.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the hospital. You will not be allowed to drive or leave alone.

**On the day before Surgery**

You may be given an approximate time for your surgery at your clinic visit. On the day before surgery you will receive a phone call informing you of the exact time to report to the surgery center.

If your surgery is scheduled at KUMed West, you will receive a phone call from the surgery staff there. If you have not heard from them by 12 noon, you may reach them by calling 913-588-8410.

If your surgery is scheduled at KU Hospital, you will receive a call from Michelle Young, the Otolaryngology and Facial Plastic Surgery Coordinator. If you have not received a call by 12 noon, you may reach her by calling 913-588-6741.

**Day of Surgery**

- Do not eat or drink anything, including water, the morning of surgery.
- Wear loose-fitting clothes that fasten in front or back. Avoid slipover clothing.
- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial or eye make-up. Avoid nail polish.
- You may wear glasses but do not wear contact lens.
- If you wear dentures, keep them in.

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### Post-Operative Care

- Iced gauzed pads should be applied to the eyes and cheek for the first 48 hours to minimize swelling and discoloration.
- Keep your head elevated to minimize swelling. A recliner works well or adding an extra pillow on your bed is adequate.
- You may wash your face.
- We will remove your dressings in the office.
- If you have external eyelid incisions, they may be gently cleaned with a Q-tip and half-strength hydrogen peroxide (dilute with water). We will prescribe an antibiotic ointment formulated for eyelid use which should be then applied to the incision 3 times a day after cleaning. Avoid over-the-counter ointments.
- You may gently shampoo your hair two days after surgery. Baby shampoo works well.
- Avoid hair coloring or permanents for one month after surgery.
- You may wear contact lens two weeks after surgery.
- Avoid extreme physical activity including athletic activities and intercourse. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed three weeks after surgery.
- Avoid excessive facial movements for two weeks-this will optimize the healing process.
- Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your face and eyelids to swell. Wear SPF 20 sunscreen daily beginning two weeks after surgery.
- Don't be concerned if the eyes, forehead and cheeks show some swelling after removal of the dressing - this usually resolves within 2 weeks. In certain patients, it may require six months for all swelling to completely subside.
- You may notice some numbness in the forehead and scalp after surgery. This will resolve gradually.
- Take only medications prescribed by your doctor.
- Makeup may be used 5-7days after surgery (except on the incisions).
- **DON'T TAKE CHANCES! If you are concerned about anything you consider significant, call us during office hours at (913) 588-0101. After office hours or on the weekend call (913) 588-6701.**

Your follow-up visit in the office is scheduled on \_\_\_\_\_ at \_\_\_\_\_