



MOUNT AUBURN HOSPITAL

TAYLOR & SULLIVAN PLASTIC SURGERY
HELENA O. TAYLOR, MD, PhD, FACS
STEPHEN R. SULLIVAN, MD, MPH, FACS

300 Mount Auburn St Ste 304
Cambridge, MA 02138

Phone: 617-492-0620 FAX: 617-492-0631

www.massplasticsurgeons.com

BROW LIFT AFTERCARE INSTRUCTIONS



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

- In the week before your Brow Lift Surgery:
 - Consider eating pineapple, it may help reduce bruising
 - Consider supplementing with Arnica montana, it may help reduce bruising
 - Complete household chores and prepare meals for the first few days of postoperative recovery
 - Follow preoperative instructions with eating, drinking, and medications
- Please take your medications as directed by Dr. Taylor or Dr. Sullivan to manage discomfort or symptoms.
 - Acetaminophen (Tylenol) 1000 mg every 8 hours, space doses 4 hours after Ibuprofen so one or the other is taken every 4 hours
 - Ibuprofen (Motrin) 800 mg or Celecoxib (Celebrex) 200 mg every 8 hours, space doses 4 hours after Acetaminophen so one or the other is taken every 4 hours
 - Gabapentin 300 mg every 8 hours for 7 days
 - Vitamin C 500 mg daily for 50 days
 - Oxycodone 5 mg – 1-2 tablets every 6 hours as needed for pain, though many patients may not need it
 - Colace 100 mg twice daily to prevent constipation, it is important to have a bowel movement each day
 - Zofran 8 mg every 8 hours if needed for nausea
 - Scopolamine patch may be placed on the neck on the day of surgery and can stay for 3 days to prevent nausea
 - Bacitracin ointment or Vaseline twice daily to the incisions on the forehead, scalp, nose or lip
 - Preparation H Ointment with Phenylephrine every 6 hours for two weeks to reduce eyelid and cheek swelling

WOUND CARE

- During the day, apply eye drops (available over the counter such as Refresh Plus) in each eye (2-3 drops) at least 5-7 times daily. Eye drops moisturize the eyes and provide soothing relief for dryness and irritation.
- At bedtime, apply eye ointment (available over the counter such as Refresh PM) in each eye inside the lower. The ointment helps protect the eyes from nighttime dryness and exposure. It may make your vision temporarily blurry, but it will resolve as the ointment washes away during the night.

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- Elevate your head and shoulders and when in bed keep your head elevated about 30 degrees (two pillows under your head and back) to help with the swelling.
- You may apply ice packs to the face and areas around the eyes for the first 48 hours to reduce swelling and bruising. Bags of frozen peas and corn make for excellent ice packs. You might also consider Icewraps Gel Packs or Swiss Safe gel packs, which can be ordered from Amazon or online. Apply the ice packs for 20 min of each hour while awake.
- You may shower or sponge bath the day after the operation. You may wash your hair with a gentle shampoo and conditioner and your face with a gentle soap. Pat dry and then apply a thin layer of Vaseline or antibiotic ointment (e.g. Bacitracin or Polysporin) to incisions and suture lines for 5 to 7 days. Avoid snagging the sutures or scalp staples with a brush or comb. Do not allow crusts or scabs build up on the scalp incisions as this can irritate the hair follicles and cause wound healing problems. Gently rub the crusts off when shampooing.
- Do not smoke or expose yourself to smokers or nicotine as nasal skin and wounds can be compromised.
- Some bleeding from the incisions on the forehead or scalp is expected for 3 to 4 days.
- Sutures and staples will be removed by Dr. Taylor and Dr. Sullivan approximately 7 – 10 days postop.

ACTIVITY

- For the first week following Browlift surgery, raising your blood pressure and heart rate can cause bleeding. Avoid straining or vigorous activity. We recommend walking 2 to 3 times per day for 15 minutes.
- Please do not drive with swollen eyelids or while taking pain medications such as oxycodone.
- Do not lift anything heavier than 10-20 lbs, run, lift weights, or perform strenuous exercise for 7-10 days after Browlift surgery.
- Massage therapy to the forehead and scalp, with gentle upward motion, can help increase circulation, soften firm areas under the skin, and enhance lymph drainage. Please wait at least 1 weeks after Brow Lift surgery to start massage to avoid increased swelling and do not pull downward on the eyebrows.
- Avoid contact sports for 6 weeks following Brow Lift.

GENERAL OUTCOMES

- Tearing and dryness of the eyes is common after Brow Lift. These symptoms normally stop as the swelling subsides over the first few weeks. Eye drops and ointment help moisturize the eyes, but can cause some blurry vision.
- Tightness of the skin and fuller appearing facial features with eyebrows that appear too high is also normal. This may make it hard to close the eyelids completely and they may not close completely while sleeping. This will relax with time and will smooth out as the swelling resolves and the tissues soften.

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- It is common to have blurred vision after your procedure as the cornea can swell or be compressed from eye brow lifting and tightening – it can take a few days to weeks to resolve – please be patient.
- Your hair may be dried with a blow dryer on a cool, not a hot, setting. Hair coloring or use of hair products should be delayed until 3 weeks after surgery or when all wounds are healed and there are no crusts or scabs.
- Cosmetics can be worn on the face the day after surgery.
- Moderate swelling and bumpiness of your scalp, forehead, and eyelids is to be expected and will increase for 48 to 72 hours. Much of the swelling usually resolves within the first few weeks after Brow lift surgery though some mild swelling can take several weeks to months to resolve.
- You may get black and blue bruising under your eyes and cheeks. Please be patient, this will gradually subside over the following days.
- Tingling, itching, and numbness of the scalp and forehead are normal after Brow lift. Tingling and itching are signs of healing and will resolve. Sensation to the skin may return gradually and slowly over several weeks, though some areas may always have loss of or decreased sensation. Please be patient and avoid resting against hot surfaces, which can injure or burn the skin.
- Scars and tissues take one full year to mature. You may notice that they become red, raised and firm for several weeks to months before becoming soft, flat and pale. Avoid Vitamin E as it can irritate the skin and scars. Mederma has no proven benefit and is not worth the expense. All incisions will be sensitive to sunlight during the healing phase. Direct sun exposure or tanning booths are to be avoided. Silicone cream, such as Biocorneum Advanced Scar Treatment, or skin moisturizer with sunscreen and gentle massage may be helpful.
- Please call our office (617-492-0620) if you have:
 - Continuous bleeding (A small amount bleeding from the incision and swelling of the forehead and eyelids is expected.)
 - Significantly more swelling on one side when compared to the other
 - Worsening eye or facial pain or changes in vision
 - Fever, spreading redness or irritation around the incisions
 - Yellow crusts or discharge from your eyes

It is important to be seen by Dr. Taylor or Dr. Sullivan after your operation. They will see you in follow-up appointments at 1 week, 3-6 months, and 1 year or as often as needed post-op. Call to schedule your appointments at Taylor & Sullivan Plastic Surgery office at (617) 492-0620 between the hours of 8:30 – 5:00 or visit our webpage at www.massplasticsurgeons.com. We are always available for postoperative concerns or emergencies and can be reached through our paging service 24 hours per day at (617) 492-0620.

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