

Pre and Post Operative Instructions for Browlift Surgery

It is important that you understand the nature, goals, potential complications, and limitations of this procedure which are explained to you during your consultation. Your adherence to the following instructions will help assure you get the very best results. If you have any questions, please do not hesitate to ask.

Pre-Operative Instructions:

- **Avoid excess sun exposure** for two weeks prior to surgery.
- **Take Vitamin C** – 1,000 mg a day for one week prior to surgery.
- **Do not take Aspirin** or Aspirin containing medicines, Vitamin E, or ginkgo biloba for two weeks prior to surgery.
- **Avoid drinking alcohol and taking ibuprofen** for three days prior to your procedure. Ibuprofen can be taken to help relieve post-procedure discomfort if necessary.
- **Most of these procedures are performed under local anesthesia and oral sedation**, in which case you should have a light breakfast. If twilight intravenous sedation is planned, you must have **nothing to eat or drink after midnight before the surgery**. The exception is if you take regular medications, do so with a sip of water, unless instructed otherwise.
- **Wash your face and hair using Hibiclens** (available without prescription at most drugstores) either the evening before and/or morning of surgery. Do not apply moisturizers, make-up, or hair spray before your procedure.
- **On the morning of your surgery, do not wear contact lenses**, only glasses if needed.
- **Wear comfortable clothing** with a top that buttons or zips in the front, so it will not need to be pulled over your head.
- **Avoid cigarette smoking** for one week before and one week after your surgery.
- **Call the office if you have any apparent illness or cold symptoms in the days leading up to your procedure.**
- **If your procedure is being performed under sedation**, make necessary arrangements for someone to drive you home after surgery and if twilight sedation is used, someone must stay with you until the next morning.
- **If you are traveling from out-of-town**, please make the necessary hotel, flight, and transportation arrangements. Our office is here to assist you with this and we have a list of recommended hotels that are close to our office. If requested ahead of time, we can arrange for a surgical assistant from the office to stay with you during your first night.
- To reduce the incidence of bleeding during surgery, **Vitamin K**, 50 to 80 micrograms a day, can be taken starting three days before surgery and continuing for two days after.

_____ (Please initial)



Jeffrey S. Epstein, M.D., FACS

Post-Operative Instructions:

- **You can be up and about** as soon as the effects of the anesthesia have worn off. Long periods of lying flat will cause swelling to persist.
- **Sleep with your head elevated** on three pillows for the first two days after surgery.
- **It is best to start eating soft and mild foods** and then progress to your normal diet as tolerated.
- **Do not remove any dressings, if used**, unless instructed to do so. Dr. Epstein will remove your dressing the first or second day after surgery. For some patients, Dr. Epstein will recommend the wearing of a forehead band for the next three days.
- **Sutures will be removed after approximately six to eight days.** Keep the incisions moist by applying antibiotic ointment twice a day.
- **Wearing an ice pack over the eyes** for the first 48 hours may reduce swelling and bruising.
- **Medications should be taken as prescribed.**
- **Avoid straining, bending, or heavy exercise** for the first week after surgery. Resume activities as instructed by Dr. Epstein thereafter.
- **You may shower or bathe and wash your hair** after the dressing is removed, usually on the second day after surgery.
- **Continue to take Vitamin C for one week** and you can resume taking Aspirin and/or Vitamin E. Apply Arnica gel to areas of bruising starting the third day after surgery.
- **Make-up can be worn** as soon as two days after surgery.
- **Avoid direct sun exposure** for two weeks after surgery.
- **Because of the potential for temporary loss of sensation of the scalp**, use caution when using hot blow dryers or straightening irons. You may have your hair colored, cut, styled, etc. as soon as two weeks after surgery.

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Note the following:

- Browlift procedures are usually performed through one to two incisions made either in the scalp or upper forehead. Endoscopic browlifts involve five smaller incisions made in the scalp. Most patients will look presentable in five to seven days after the procedure.
- Temporary swelling and bruising are expected for the first week after surgery.
- Temporary numbness of the scalp and/or forehead can sometimes occur and in most cases, the sensation returns in several weeks or with certain incisions, three to six months.
- Be aware that browlift surgery necessitates making incisions in the scalp or along the hairline which can be concealed. In a very small number of cases, there can be temporary or even permanent loss of hair in these areas.
- Please call the office or Dr. Epstein if you experience elevated temperature, excessive swelling or discomfort, or if you have any other questions.
- It has been explained to you that a choice of anesthesia provider exists.

The Florida offices Dr. Jeffrey Epstein are regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

Please do not hesitate to contact the office with any questions or concerns you have. After hours and on weekends, Dr. Epstein can be reached by texting (preferred) or calling (305) 310 – 6361. The entire office staff is here to help you and make sure your procedure course, pre and post, goes as smoothly as your procedure.

IN CASE OF ANY EMERGENCY, PLEASE DIAL 911

I, _____, *acknowledge receipt of three pages of these instructions.*
(Print name)

Patient Signature Date

Witness (print name) Date

Witness Signature Date