



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

BROWLIFT AFTER CARE INSTRUCTIONS

- 1. Dressings are placed around the head and neck and remain there for 24 hours. Following removal of the dressings, you may shower and shampoo your hair. We recommend using baby shampoo.**
- 2. After surgery elevate your head on a wedge pillow.**
- 3. Avoid straining of any kind for the first week.**
- 4. While awake, a cold compress can decrease swelling, and improve comfort for the first 48 hours. This is best applied by placing a light cloth over the eyes and a “baggie” filled with crushed ice over the eyes, to reduce the amount of swelling you will have.**
- 5. You can expect swelling of the face and eyes after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you are having pain which is not relieved by the pain medications, call Dr. Alfaro immediately.**
- 6. If your eyes feel dry, apply a bland eye ointment into your eyes every 4 hours or as needed.**
- 7. You may have a dull type headache for several days after surgery. This is normal. Your forehead will feel tight and there will be a feeling of numbness for several months after the surgery. This will gradually disappear.**
- 8. You will be prescribed pain medication following your surgery. Take the medication as needed for pain.**
- 9. You will be prescribed a anti-nausea medication following surgery. Take the medication as needed for nausea or vomiting. Discontinue the use of pain medications until nausea or vomiting is under control.**
- 10. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**