



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Brow Lift (Forehead Reduction) Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in-office** visit, one day after surgery.
At this time, your incisions will be checked
2. **Second follow-up appointment:** will be **in-office**, ten to twelve days after surgery.
At this time, your staples will be removed.
3. **Third follow-up appointment:** will be **in-office**, six to ten weeks after surgery.
This appointment timing will be determined by your recovery progress.
At this time, your incisions will be checked for proper healing.

Medications:

Clonidine 0.1mg: *lowers blood pressure to help reduce swelling*

- Take 1 tablet by mouth twice daily for 3 days

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery- Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophen) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addictive and have negative side effects, including constipation. If you are in need of additional pain relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over-the-counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Bathing: Wait 24 hours after surgery BUT still cannot get scalp/incisions/staples wet. Avoid water getting close to the incisions for two weeks. You may wash your scalp after the staples have been removed. No soaking, bathtub use, swimming and/or steam rooms should be used for two weeks after surgery.

Sutures/Staples: Sutures and staples will be removed ten- twelve days after surgery.

Swelling: It is normal for your face and cheeks to swell after surgery. The swelling may cause these areas to look uneven until the swelling subsides. Usually, swelling will go down in 2-3 weeks. In rare instances, it may take 4 weeks for the swelling to subside.

Topical Treatment During Recovery: You need to keep the area surrounding the incision moisturized with either Vaseline or Aquaphor, avoiding the Steri-strips. You may also purchase from our office the following recommended topical:

Alastin Regenerating Skin Nectar

Begin using immediately after steri-strips have fallen off. Cost: \$195 plus tax

Activity: Walk as soon as possible following surgery, as this helps reduce swelling and lowers the risk of blood clots forming. Rest for one to two weeks and then increase activity as tolerated. Patient may begin light exercise (slow walking on the treadmill) after two weeks. You can return to vigorous activity in four to six weeks. You may resume sexual activity as comforts permits, usually two to three weeks after surgery.

Driving: You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel and perform all motions necessary for safe driving.

Recommendations for scar care: Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

NeoCutis BioGel Moisturizing HydroGel: Visibly diminishes the appearance of scars.

Instructions: Apply to affected area twice daily. Cost: \$178 plus Tax

BIOCORNEUM by Sientra: Crosslinked silicone that visibly diminishes the appearance of scars. ***Instructions:*** Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

Special Instructions:

- Keep head elevated with two to three pillows for three to four days after surgery then resume a position that is comfortable. We do not recommend that you sleep with your face down
- Do not use hair dye or permanent hair solutions for two months
- Keep hair dryer temperature set on low or no heat, as you temporarily may not have feeling surrounding the surgical areas. You do not want to burn your scalp or skin

What To Expect:

- Temporary discomfort, tightness of skin, swelling, bruising, numbness and some headaches
- Bruising usually resolves in 10-14 days.
- Swelling may affect cheeks and eyes for a week or so
- As nerves heal, itching may replace numbness on top of scalp. May last up to 6 months.
- Possible hair loss

Appearance:

- Final results should be seen in approximately six months
- Visible signs of surgery should fade in about three weeks
- Normal growth of hair around incision usually resumes in a few weeks but can take up to a few months

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.

During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.