

# Post Operative Care

*From your preeminent Medical Concierge in Antalya*



## ENDOSCOPIC BROWLIFT

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## DRESSING

Postoperatively, you will be placed in a head dressing. Please do not remove dressing and keep it dry. This dressing will be removed the day after surgery at your postoperative appointment. Drainage of blood and fluid from your incisions is normal. You may have one small drainage tube inserted into your forehead area. This too will be removed at your first postoperative appointment.

## SUTURES AND STAPLES

Postoperatively, you will have staples on the top of your head and on temporal area. Please be gentle with the care of these staples. We will remove the staples in 10-14 days at your two-week appointment.

## SHOWERING

You may shower and wash hair the next day after bandages are removed. You may not want to use shampoo because it may burn where your incisions are; use with extreme care around staples. A hair dryer may be used on a cool, low setting only. Avoid any hair styling aides until your incisions have healed.

## BLEEDING AND SWELLING

Oozing of blood, swelling, and bruising at the incision sites are normal. Some of the swelling may take as long as 6-8 weeks to completely resolve. Bruising may spread down into the forehead, cheeks, and neck. Bruising usually resolves within 2 weeks after surgery. Sleeping and resting with your head elevated will minimize swelling.

## ICE PACKS

Small bags of frozen peas or soft ice packs can be used to minimize swelling and bruising. If you're having swelling around the eyes, you can place ice packs over eyes for 20-30 minute intervals with at least 30 minutes without ice packs. This should be done every 2-3 hours for the first 12-24 hours.

**DO NOT PLACE ICE PACKS DIRECTLY ON SKIN FOR IT MAY CAUSE SKIN HEALING PROBLEMS!**



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## INFECTION

Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported.

**WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

## PAIN

Pain is expected after any surgery. Please follow instructions given to you with your pain medications. You must wait until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.

## ACTIVITY

Avoid bending at the waist. Do not lift anything over 10 pounds for 2-3 days. As you begin to resume normal activity, refrain from any action that causes pain. You should not resume weight lifting or any high-impact activities for 4 weeks. You may begin to exercise 14 days after surgery, but should discuss your exercise routine with us.

## HEMATOMAS

Hematomas are the collection of blood and fluid under the skin or muscle. They are rare, but must be reported immediately. A hematoma is evidenced by one side of the chest becoming significantly more swollen and painful than the other side. If you see evidence of a hematoma, contact us immediately.

