



Ronald A. Krueger, MD, FAACS

Endoscopic Brow Lift: *Patient Instructions*

<i>Date Of Surgery:</i>	<i>Time:</i>	<i>Location:</i>
-------------------------	--------------	------------------

Before Your Procedure:

- * Fill all prescriptions given to you today.
- * The surgery center will contact you by phone for a pre-anesthesia interview.
- * Do not eat or drink anything after 11pm the night before your procedure. You may take certain medications with sips of water as instructed by the nurse. Unless specifically told otherwise, no food or drink after midnight.
- * Do not take any Non-Steroidal Anti-Inflammatory (NSAID) medications for 1 week before and 2 weeks after your procedure. Examples of NSAIDs are aspirin, naproxen (Alleve), ibuprofen (Motrin) and others. Acetaminophen (Tylenol) is okay to take during this time. Do not take Vitamin E, St. Johns Wort or Fish Oil for one week before and two weeks after the procedure.

After Your Procedure:

- * Application of ice is very important for the first 24 hours after your procedure. Apply ice directly on top of your dressings. Apply ice for 20 minutes, and then remove it for 20 minutes.
- * Keep your pressure dressing in place for 24 hours. Once the dressing is taken off you can shower. When showering make sure that you wash away from the site along with brushing.
- * Elevate the head of your bed or sit upright in a recliner to promote comfort and help healing.
- * Begin wound care after your dressings are removed. To clean your incisions, begin by washing your hands thoroughly with soap and water. Apply Neosporin to your surgical site several times a day.
- * Avoid strenuous activity for 7-10 days. Do not lift, bend over, strain or perform strenuous activity for 7-10 days. Gently resume your prior activity level.
- * Call our office immediately if you experience a fever over 101F, fluid collection, abnormal swelling, a “full feeling” in your head or neck, or pain that is not relieved by your medications. Call us if you have any questions or concerns at any time during your healing period.