

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



FOREHEAD (BROW) LIFT
PRE-OPERATIVE INSTRUCTIONS

You are scheduled for surgery on <TF.ProcAppt.Date at <TF.ProcAppt
>_____ .Time>
Center, 73-719 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Please check that you have received a copy of your prescriptions.
4. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
5. If you take any medications on a routine basis, please continue to do so, but advise the doctor or his nurse so they can tell you what to take the day of surgery.
6. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. You will need to leave the name and telephone number of the person picking you up at the front desk.
7. Do not wear any jewelry or bring any valuables. Please leave these at home.
8. Do not wear contact lenses.
9. Please remove all eye makeup, mascara, eye shadow, etc. The day of surgery, come in with a clean dry face. Wash hair the day of surgery and the day before with an antibacterial soap.
10. Wear comfortable clothing that buttons up the front. Do not wear clothing you pull over your head.
11. **Do not eat or drink after midnight the night before surgery.**
12. If you smoke, please try to cut down or stop at least two week before surgery. This will help your body to heal better.
13. Do not drink any alcohol 48 hours before surgery and then wait at least 48 hours after surgery.

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**FOREHEAD (BROW) LIFT
POST-OPERATIVE INSTRUCTIONS**

1. After surgery, you will have a bulky head dressing on. You may have some ointment in your eyes so your vision may be blurry. A slight headache can be expected. There will be staples in your hair.
2. We will want you to keep your head elevated at all times with at least two pillows or rest and sleep in a recliner chair. This is a very important step.
3. Your eyes and cheekbones area may swell a little and can turn black and blue. To help avoid this, we suggest that you keep your head elevated with at least 2 or 3 pillows or rest in a recliner chair. Ice packs may be applied to the forehead area. Bags of frozen peas or a Ziploc bag half filled with crushed ice can be used. Put a washcloth on your face first, then the ice pack. Do not put the ice bag directly on your skin.
4. Take prescription pain medicine as directed for pain relief. You may substitute Extra Strength Tylenol, or alternate with your prescription. **Do Not** self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
5. On approximately the third day, the dressings will come off and you may wash your hair. Wash hair daily. Let the water run away from your face and use lukewarm water, pat dry with towel. Comb out the -large-tooth comb. Do not use hair dryer until the fifth day after surgery and only on a cool setting.
6. If you go outside wear dark glasses to protect your eyes, as they may be sensitive for a few weeks.
7. Do not strain or do any heavy lifting for 2 weeks.
8. If you have any questions or concerns, please call the office (760) 837-0364.

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