



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

OPEN BROW LIFT

PRE & POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Please advise the doctor if you are taking any blood thinning medication (e.g. Warfarin, Disprin, Aspirin, etc.)
- This will need to be discontinued prior to surgery as per your doctor's instructions.
- Uncontrolled high blood pressure raises the risk of bleeding complications in all forms of surgery – please ensure your blood pressure is well controlled prior to your surgical date.
- DO NOT take any of the following medications prior to surgery:
 - Anti-inflammatories (e.g. Brufen, Ibuprofen, Myprodol, Voltaren, etc.)
 - Homeopathic medications (e.g. Arnica, Rescue Remedy, St John's Wort)
 - Vitamin E (oral or topical)
- Any false eyelashes and lash extensions should be removed prior to your surgery.
- Take a bath or shower with antibacterial soap (or Bioscrub/AcuSanX) on the morning of your admission.
- Hair should be washed the night before/morning of admission to hospital.
- Wash the face thoroughly with antibacterial soap on the morning of admission to the hospital.
- Do not apply day cream or make-up.
- Regardless of whether you are having a general anaesthetic or conscious sedation – you should not eat or drink anything for 6 hours prior to surgery.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Bring comfortable cotton underwear.

POST-OPERATIVE INSTRUCTIONS

- You will overnight at our Recovery Retreat across the road from Somerset Surgery.
- You will be transported with a registered ambulance service from the recovery ward to the Recovery Retreat. You will have a trained nurse with you for the first 24 hours after your surgery.
- You will need someone to drive you home after your surgery and help you at home for 1 to 2 days.
- You will need plenty of rest.
- Decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet.
- Be sure to increase your fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible – this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, for at least 2 weeks (walking and mild stretching are fine).
- Return to work 14 to 21 days post-operatively.

INCISION CARE

- You may bath 48 hours after surgery. Avoid steam baths and saunas for several months.
- You may shower only after your post-operative appointment (usually 4 days post-operatively).
- Avoid exposing your scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Keep incisions clean and inspect through Micropore daily for signs of infection or “oozing”.
- DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.
- Keep Steri-Strips on (until doctor says they are no longer necessary).
- Do not cut any stitches shorter.
- Keep head elevated; sleep with head “propped up”.
- Do not use hair dye or have highlights until approved by doctor (usually 6 weeks post-operatively).
- You may use cold compresses for comfort and to help decrease the swelling.
- Hair may be washed on the 4th post-operative day.
- The area of the sutures may be washed gently to loosen any blood clots in the hair.
- Do not set hair dryer temperature on hot, as you may not have feeling in operated areas.
- You may use make-up after the sutures are removed. Be sure to use uncontaminated (new) make-up sponges when applying foundation to cover bruising. Take care not to apply make-up over the incisions. It is important to gently remove all make-up with the recommended facial cleanser - splashed off with warm water.
- You may follow your usual skin care routine - taking care not to apply any creams containing Vitamin E on the incision areas.
- ScarScience/Scar Repair, available from MASC Laser Clinic, should be applied from 6 weeks post-operatively, and then directly on the incision for another 3 months post-operatively.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- Bruising, swelling, numbness, tightness and tenderness of the skin can last for 10 to 14 days or longer.
- You may experience tightness in the neck and jaw with difficulty turning your head to the side for 1 to 2 weeks.
- Skin may feel dry and rough for several months.
- Face and ears may look and feel strange and be distorted from the swelling.
- Men may need to shave behind their ears, where beard-growing skin is repositioned.

APPEARANCE

- Pale, bruised and puffy face for several weeks.
- By the third week, you will look and feel much better.
- Final result is not fully realised for approximately 6 months.

FOLLOW-UP CARE

- Drainage tube will be removed in 1 to 2 days.
- Facial support bandage may be removed in 1 to 3 days.
- Sutures are usually removed from in front of the ear in 7 to 10 days, and eyelids sutures in 4 to 5 days.
- Staples in the hairline are removed in 10 days post-operatively.
- Sutures in the hairline will dissolve in 6 to 8 weeks.
- A good skincare range to help maintain and improve the results of the face lift can be purchased at our practice from one of our qualified skincare therapists.

WHEN TO CALL

- If you have increased swelling or bruising after a few days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za