



## **At-Home Instructions**

### **Endoscopic Browlift**

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

#### **General Instructions**

- Sleep with your head and shoulders elevated on two to three pillows. You may resume your normal sleeping position after 4 weeks.
- Keep your head higher than your waist for the first 5 days. Do not bend or lift because this will increase swelling and discomfort.
- 24-48 hours after surgery, you may shower with your back to the water. Use barely tepid, lukewarm water. Wash your hair with a mild shampoo daily. Pat dry and be very gentle while combing your hair.
- The use of hair dryers, hot rollers, or hot combs is prohibited until the doctor advises.
- Avoid strong sunlight or wear a sunhat for 3-4 months.
- Avoid strenuous activities that could increase your blood pressure for 4 weeks.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and instructed by the doctor. Smoke will irritate the nasal tissue & impede healing.

#### **Diet**

- Resume normal diet as tolerated.

#### **Special Instructions**

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

•There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

**Do NOT take the following products:**

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

**Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.**

**Pain Control/Medications**

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions (have over the counter Colace or laxative on hand).

**Wound Care**

You may experience:

- Bruising and swelling of the forehead and eyes for several days. Use ice compresses (or a bag of frozen peas or corn) applied to your forehead and eyes for the first week after surgery, except for while sleeping.
- Numbness and swelling of the scalp area. This will decrease and disappear over a few months. Do not worry about wrinkles from the surgery of side to side differences on your face. This is common with postoperative swelling.
- Discomfort around the forehead and surgical site.
- Difficulty closing your eyelids completely for the first few days.
- A small amount of oozing from the incisions.

The day after surgery, the wrapping and dressings can be removed and everything will be inspected and redressed.

Re-apply antibiotic ointment (Neosporin®, Bacitracin®, or Bactroban®) to all of your stitches and staples.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches, staples, and screws, and give you further post-op instructions.

**Call the office at the first sign of:**

- Excessive pain associated with pressure.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.

**Do not hesitate to call if you have questions or concerns!**

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.  
216-292-6800

**Please call with any questions.**