



# BENJAMIN GELFANT

COSMETIC PLASTIC SURGERY

## ***Brow Lift Surgery Instructions***

*Failure to follow these instructions may lead to cancellation of surgery and further fees will apply*

### BEFORE YOUR SURGERY

Before taking any medication PLEASE READ THIS!

- No Aspirin (ASA) or anti-inflammatory medicine (NSAIDS). **NOTHING** containing aspirin like products\* for two weeks before surgery since it interferes with normal blood clotting.

Check the list at the end of these instructions for products containing Aspirin and Ibuprofen **and if in doubt, call a pharmacist**. If needed, Tylenol or Extra-Strength Tylenol (Acetaminophen) may be used as it is not an NSAID.

- One month before surgery (or as close to one month as possible) STOP taking birth control pills, hormone replacement and other hormones to reduce the risk of blood clot formation. Please use alternate methods of birth control.
- Do not take Arnica Montana or Traumeel. There is no proven evidence it helps with post op bruising and it may in fact cause post-op bleeding.
- Nutritional Supplements to AVOID include: Bilberry, Cayenne, Echinacea, Feverfew, Fish oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Kava Kava, Valerian, Licorice Root, Ma Huang, St. John's Wort, Vitamin E, Yohimbe. or other herbs for 2 weeks prior to surgery (longer if possible) as they also can cause thinning of the blood.
- Take about 500 mg of Vitamin C per day for two weeks prior to surgery and 2 weeks after surgery. This is the specified dosage to help with wound repair so exceeding this amount would be a waste.
- Smokers **MUST** quit smoking before surgery - smoking dramatically increases the risk of major complications of surgery and anesthesia such as severe respiratory complications, **skin death and increase risk of infection**. If you need assistance, such as nicotine patch treatment, please ask your family physician.
- No alcohol for 48 hours prior to surgery.
- Report any signs of a cold, infection, boil or pustules appearing within 1 week of surgery.
- Arrange for a responsible adult to drive you to your home, hotel or motel after surgery. If transport is needed a caregiver can be organized to assist you at an additional cost.
- **Have your prescriptions filled immediately after your pre-operative visit.** It is also advised to buy a stool softener, such as Senekot, as codeine pain medications cause constipation.
- Gravol Suppositories may be helpful for nausea and vomiting post- operatively. Gravol products can be purchased without a prescription.
- **Remove all jewelry**, body piercings including both internal and external. Jewelry may cause injury while moving from one bed to another and burns may occur from cautery equipment used during surgery.

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*It's about confidence.*



## **NOTHING TO EAT OR DRINK FROM MIDNIGHT THE NIGHT BEFORE SURGERY.**

**No gum, candy, or water please.**

**SURGERY** and **PICK-UP TIMES** are subject to **CHANGE**. We will attempt to give you notice **IF POSSIBLE**.

## **DAY OF SURGERY**

- No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingers nails and that includes gel and shellac.
- Do not take medication of any kind (unless instructed by Dr. Gelfant). Preoperative medications may be given to you upon arrival. If you have high blood pressure medication you may take it in the morning but only with a small sip of water.
- **Wear comfortable, loose fitting clothes** which do not have to be put on over your head.
- You must have a responsible adult to drive for you after surgery. They must pick you up from inside the lobby or surgical suite at Cambie Surgery Centre which is located at 2836 Ash street.
- You must have a responsible adult spend the first night with you. Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly.

If you have any questions before your operation, please call our office Monday through Thursday between 9am and 5pm and Fridays between 9am and 2pm.

## **AFTER YOUR SURGERY**

- Bed rest with 2 pillows for 24 hours. You may go to bathroom with assistance as needed.
- Take medications according to instructions on bottle. If taking strong narcotics, or if other pain medications make you feel "spacey" or drowsy, have someone else give you your medicines according to the proper time intervals. Under such circumstances you could forget and take them too often.
- Soft diet, requiring little or no chewing. Lots of liquids. Avoid very hot or spicy foods (or foods containing MSG) or hot liquids.
- Cold compresses (gauze soaked in ice water) may be helpful in reducing swelling and bruising. Use for 20 minutes per hour overnight and through the next day.
- **No hot or warm compresses!**
- Avoid smoking after your operation to prevent coughing and possible bleeding, as well as skin loss. Smoking can kill the nipple circulation.
- No alcohol 10 days after surgery and while taking medication post-operatively



- Do not blow your nose for 2 weeks after surgery. After the first week, you may gently cleanse your nostrils with a moist Q-tip.
- If you happen to sneeze, it usually causes no harm.
- Avoid sports and other strenuous activity for 4 weeks.
- No nose drops for 10 days after surgery.
- You may wash your hair on the 3rd day after surgery (not counting the day of surgery) providing you have someone to help you wash it in the face up position. Do not bend your head forward. You may blow it dry with a warm hand dryer or sit under a cool dryer
- Avoid prolonged exposure to the sun and heat for 3 months to avoid swelling.
- If you are planning to use cannabinoids (marijuana etc.) because you feel they may be helpful in pain control ***please discuss with Dr. Gelfant***

**Call 874-2078 (24/7) After hours we have an answering service they will reach either Dr. Gelfant or his alternate on call)) if you have:**

- Severe pain not responding to pain medicine.
- Sudden onset of much more swelling and/or pain on one side than the other
- Sudden bleeding
- If any other question or problem arises.

**You can expect:**

- Moderate discomfort - use pain medication and cold compresses.
- Initial nosebleed for about 4 hours. Change "drip pad" gauzes under your nose as needed.
- Swelling & black & blue around your eyes, sometimes more on the second or third day after surgery
- Bloodshot eyes

**During the first week following surgery:**

- Restrict talking and walking to a minimum
- Avoid lots of visitors
- Do not bend your head down
- Do not strain or do anything, which requires significant effort.

Feel free to call upon us at any time. If you need assistance after office hours please call the office (604-874-2078) and leave a message with the answering service and they will contact Dr. Gelfant directly.

**We want you to be as comfortable as possible during your healing period**



## OFFICE VISITS

- First Visit: First day following surgery.
- Second Visit: Approximately one week after surgery, at which time your nasal splint will be removed and you will be given a lighter tape splint.
- Third Visit: Approximately 5 days later, when tape splint will be removed. If the stitches have not dissolved, they can be removed at this time.

**Note:** Your nose will be swollen over the bridge and tip up to 3 weeks after cast removal. It is a good 6 months before swelling settles entirely. Additional visits: Will be determined by Dr. Gelfant

**ASA or anti-inflammatory containing drugs (NSAIDs)** If in doubt, **ASK!!**

(\*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezgar Norgescic, Novasen, Novo AC&C, Pain AID, Robaxisal, 217, 222, 282, 292's, Upsarin. Also AC with codeine, Asantine, Coryphen, Darvon products, Endodan, Fiorinal, Novopropoxyn, Oxycodan, Painex, Percodan, Phenaphen, Robaxisal, 692, Tecnal, 282's, 292's, Artrol, Trilisate, Diclofenac, (Apo-Diclo, ApoDiclo SR, Arthrotec, Diclofenac, Ect, Novo-Difenac, Novo-Difenac SR, Nu-Diclo, Taro Diclofenac, Voltaren, Voltaren SR), Diclofenac potassium, (Voltaren Rapide), Diflunisal (Apo-Diflunisal, Dolobid, Novo-Diflunasil, Nu-Diflunisal), Etodolac (Ultradol), Fenoprofen Calcium, (Nalfon), Floctafenine (Idarac), Flurbiprofen (Anacad, Apoflurbiprophen FC, Froben, Froben SR, Novo-Flurprofen, Nu-flurbiprofen), Ibuprofen (Actiprofen, Advil, Advil Cold and Sinus, Amersol, Apo-Ibuprofen, Exedrin, IB, Medipren, Motrin, Motrin IB, Novo-Profen, Nuprin, Nu-Ibuprofen, Sinus PR & Pain reliever with Ibuprofen), Indomethacin, Apo-Indomethacin, Indocid, Indocid SR, Indolec, Nov-Methacin, Nu-Indo, Pro-Indo, Rhodacine (Ketroprofen), Apo-Keto, Apo-Keto-E, Novo-Keto, Novo-Keto-Ec, Nu-Ketroprofen, Nu-Ketroprofen-E, Orudis, Orudis-E, Orudis-SR, Oruvail, (PMS-Ketoprofen, PMS-Ketoprofen-E, Rhodis, Rhodis-EC), Ketorolac tromethamine (Acular, Toradol), Magnesium Salicylate (Back-Ese-M, Doan's Backache pills, Herbogesic), Mefenamic Acid (Ponstan) Nabumetone (Relafen), Naproxen (Apo-Naproxen, Naprosyn, Naprosyn-E, Naxen, Novo-Naprox, Nu-Naprox, PMS-Naproxen), Naproxen Sodium, anaprox, anaprox DS, Apo-Napro-Na, Naproxin-NA, Novo-Naprox Sodium, Synflex, Synflex DS. Oxyphenbutazone, Oxybutazone, Phenylbutazone, Alka Phenyl, Alka Phenylbutazone, Apo-Phenylbutazone, Butazolidin, Novo-Butazone, Phenylone Plus, Piroxicam, Feldene, Kenral-Piroxican, Nova-Pirocam, Nu-Pirox, PMS-Piroxicam, Pro-Piroxicam, Rho-Piroxicam, Salsalate, Disalcid, Sodium Salicylate, Dodd's, Dodd's Extra Strength, Sulindac, Apo-Sulin, Clinoril, Nova-Sundac, Nu-Sulindac, Sulindac, Tenoxicam, Mobilflex, Tiaprofenicacid, Albert Tiafen, Apo-Tiaprofenic, Surgam, Surgam SR, Tolmetin sodium, Novo-Tolmetin, Tolectin