

## **Eyebrowlift:**

### **Instructions for the Patient**

#### **Before the Intervention:**

- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly.
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. You can replace Traumeel by taking Arnica 9CH, 8 days before the surgery (5 granules 2 times a day, 1/2h before your meal in the morning and in the evening) and on the day of the surgery Arnica 9CH and Apis 15CH (5 granules in the morning on an empty stomach).
- On the day of the operation, you are advised not to wear make-up or use day cream.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.
- During the morning before the intervention, your hair must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

#### **After the Intervention:**

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 3 x 2 "Traumeel" tablets for five days after the intervention, in order to reduce the appearance of bruising. Or you can replace the Traumeel with 1 dose globulli Apis 15CH and Arnica 9CH.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg or 400mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken three times a day.
- An oedema will appear after the operation, but it will disappear of its own accord after a few days. Some bruising will remain visible for about a fortnight.

- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- You can wash your hair as from the third day after the intervention.
- The stitches will be removed after ten days to a fortnight, by your doctor or at Beclinic.
- Wearing make-up before all the stitches have been removed is forbidden.
- Once the stitches have been removed, the scars can be massaged with Cicalfate (Avène). It is important to protect them from the sun for at least a year.
- It is recommended that you do not carry any heavy objects or do any sport for four weeks after the intervention.
- we like to see you back 8-10 weeks after surgery for a check up with Dr. Plovier.