22 PLASTIC SURGERY & SPA MD

Suggested Shopping List for Brow Lift Surgery

- ☐ Pick up **prescription medications**.
- ☐ **Over-the-counter antibiotic <u>ointment</u>** (e.g. Triple antibiotic, Bacitracin or Polysporin)
- ☐ **MiraLAX**. Stool softener to prevent constipation if taking narcotic pain medications.
- ☐ **Artificial tears.** Preservative free eye lubricant to apply as needed for symptoms of dry eye (gritty, scratchy feeling). Dry eye after brow lift is common and usually temporary.
- ☐ **Gentle Shampoo (Baby Shampoo).** To wash hair starting 2 days after your procedure.
- ☐ **3% Hydrogen peroxide.** To clean dry blood from scalp and incisions.
- ☐ **Q-tips.** For application of prescribed ointment over incisions twice a day.
- ☐ **Gauze.** For soaking with 3% hydrogen peroxide and cleaning dry crusted blood from scalp/incisions.
- ☐ **Acetaminophen / Tylenol®**
  As needed for pain control. Take as directed on bottle.
- ☐ **Silagen® Arnica-Bromelain Complex.**
  Available at 22 Plastic Surgery MD.
  Formulated to reduce potential bruising, swelling, pain and promote healing before/after surgery. Begin taking 1 week BEFORE your surgery and continue taking 1 week after.
- ☐ **Ice.** A bag of frozen peas seems to be the best for molding around your head. Ice frequently for the first 48 hours, 20 minutes at a time.
- ☐ **Alastin® Procedure Enhancement Kit.**
  Available at 22 Plastic Surgery MD.
  Formulated to help prepare skin and enhance results when used before and after procedure.
- ☐ **Alastin® Restorative eye treatment.**
  Available at 22 Plastic Surgery MD.
  Reduces the appearance of fine lines and wrinkles, diminishes the appearance of puffiness and dark circles.











