



ENDOSCOPIC BROW LIFT SURGERY

AFTER SURGERY INSTRUCTIONS

You will go home the same day as your procedure. You will need someone else to drive you. You will have a dressing wrap around your head and may experience a headache. Expect a moderate amount of swelling and bruising around the forehead and eyes in the first 48 hours.

IMPORTANT INFORMATION

- 24 hours Post Surgery, attend your scheduled head bandage change unless instructed to change it yourself by your provider.
- Incisions in the scalp will be closed with metal staples. These staples will be removed 14+ days post surgery during your scheduled follow up appointment.
- Avoid sun exposure to your incision areas and wear a hat when outside. Do not dye or bleach your hair for 4-6 weeks.

WHAT TO DO

- Apply cold compresses to the eyes, forehead, and face area. This will help reduce any swelling, bruising, or discomfort. Make sure to place a barrier like a paper towel, clean washcloth or zip lock bag, between your skin and the cold compress. Examples of cold compresses: frozen peas or crushed ice in a zip-lock bag, frozen gel packs, or gauze soaked in ice water.
- Keep activity to a minimum for 2-3 days.
- Keep your head elevated, especially while sleeping. Use two pillows, a foam wedge, or lay in a recliner to sleep.
- Walking and stretching are gentle exercises that you may begin after your incisions have healed. This is usually at about two weeks after surgery.
- You may shower and wash your hair on Day 3 after surgery, or as instructed by the doctor. Do NOT shower in hot water for two weeks - use COOL or WARM water only. Be gentle when shampooing - no vigorous scrubbing around the incision areas until well healed - about two weeks after surgery.

WHAT NOT TO DO

- No taxing physical activities. Keep activity to a minimum for 2-3 days.
- Avoid bending over or picking up heavy items.
- Avoid strenuous workouts. Vigorous exercise may raise your blood pressure and cause an increase in swelling, which will delay your recovery.

IF YOU EXPERIENCE ANY OF THE FOLLOWING, PLEASE CALL THE DOCTOR'S OFFICE

- For pain not relieved with your prescribed pain medications
- Fever greater than 101 degrees
- Unpleasant smelling drainage from your incisions
- Redness around incisions
- Persistent nausea and vomiting.