



POST OP INSTRUCTIONS FOR BROWLIFT

1. You should sleep with your head elevated for the first 14 days. Your head should be higher than the level of your heart in order to help facilitate the resolution of swelling.
2. It is normal to have some forehead swelling, bruising, and numbness after surgery. Apply cold compresses frequently the first 72 hours after surgery to help reduce swelling, 20 minutes on then 20 minutes off while awake.
3. Any significant worsening of pain in the forehead should be reported immediately.
4. Starting 3 days after surgery, you should clean the incision lines twice a day. You can take a shower and clean the incision lines with a gentle shampoo, or use a solution of ½ hydrogen peroxide and ½ distilled water. Apply Bacitracin ointment to the incision lines after cleaning.
5. Avoid blow-drying your hair after surgery until the surgical clips are removed. Postpone any planned permanent waves or hair coloring for four weeks following surgery.
6. You may be up and around the day after surgery. Some natural fatigue may persist for 2-3 days due to the normal effects of anesthesia and surgery. You may return to moderately strenuous activities approximately 2 weeks after surgery.
7. Exposure of the incision lines to the sun in the first 3 weeks after surgery may result in prolonged facial swelling and poor wound healing.
8. You may resume a normal diet the day following surgery. Talking, smiling, and chewing are perfectly acceptable. You may feel a “tight” sensation, this is normal. Soft foods may also be more comfortable during the first few post-operative days.
9. It is not uncommon for swelling and bruising to shift during the week post-operatively – often settling in the jaw area. This is temporary and will resolve over time.
10. Often patients experience a “water balloon” type of feeling in the scalp after surgery. This is due to a small amount of fluid accumulation and is reabsorbed by the body.
11. If prescribed an antibiotic, begin taking after surgery. Take with food to help avoid nausea. Do not drive if taking any narcotic medications for pain. Take the pain medication as prescribed for the first 24 hours. You may also take regular Tylenol. You may begin taking Advil, Motrin, or Ibuprofen 24 hours after surgery.

DON'T TAKE ANY CHANCES- If you are concerned about anything you consider significant; please call **(585) 905-3414**.