

## **Browlift**

### **Post – Op**

#### **General Instructions:**

- NO HOT or WARM compresses to the brow area.
- NO COLD compresses to the brow area.
- You will be instructed when you may shower and shampoo your hair after surgery, most likely beginning two days after surgery.
- You may be asked to shampoo your hair daily until all the sutures have been removed, this will be determined on a case by case basis.
- DO NOT USE A HOT DRYER ON YOUR HAIR.
- Keep your head elevated to approximately 45 degrees for the first week.
- Avoid smoking for a minimum of 48 hours after your procedure this will decrease the possibility of coughing that may trigger bleeding.
- No alcohol for 1 week after surgery.
- Limit lifting, pulling, pushing, straining (including in the bathroom) for at least 10 days. Avoid bending over to pick things from the floor for one week.
- If you experience dry eyes, you may use over the counter artificial tears; either drops or ointments. Do not use products like Visine.

#### **You can expect:**

- Sutures and/or staples to be removed within 4 - 10 days (unless dissolvable).
- Moderate discomfort, which should be relieved with the pain medications
- Moderate swelling.
- Black and blue discoloration.
- Possible bloodshot eyes.

#### **Call the office if you experience:**

- Severe pain not responding to the medications.
- Moderate swelling.
- Any significant changes in vision (anything more than mild blurring)
- A fever.
- Call the office if you have any questions.