

Postoperative Browlift Instructions

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it.
2. Elevate your head on at least two pillows until your doctor allows you to lay flat. This helps to keep swelling down. Do this for two weeks postoperatively.
3. A partially frozen bag of peas or anything cold applied to the eyes works well to help reduce swelling for the first 48–72 hours.
4. You may wash your face with a mild soap immediately after surgery. You should clean the incisions with peroxide or soap and water to remove any crusts that have formed, then apply clean Vaseline to the non hair bearing incision lines. Incisions in the hair do not need ointment. Any small bleeding produced by cleaning is not unusual and can be easily stopped by gentle pressure.
5. Avoid any activity that causes an elevation in blood pressure for three weeks. This includes exercise, straining at bowel movements, sex and even stressful situations. Elevated blood pressure can lead to bleeding requiring surgery.
6. Make up may be worn after 10 days, but not on the incision lines until all the crusts are gone. Remove the make up very gently to avoid irritation.
7. You may have a regular diet, but soft foods are best at first, such as grits, scrambled eggs, etc. Diets with low salt and high protein will minimize swelling. High carbohydrate and high salt diets will increase swelling.
8. If you are a smoker, it is absolutely essential that you quit now. Smoking retards healing and will cause severe healing problems during recovery because it reduces the circulation. Smoking can cause permanent scarring from open wounds that would not occur except from smoking. This applied for anyone smoking in your presence.
9. If you had eyelid surgery, see the eyelid instruction sheet as well.
10. Report any severe or one-sided swelling and/or excessive bleeding.
11. On your return visit postoperatively; be sure to bring a scarf with you, as this will definitely be a bad "hair day"!
12. We do not recommend coloring your hair or having a "permanent" for six weeks following face/browlifting.
13. Sunscreen is essential to prevent skin discoloration for the first twelve months after surgery. This may be started when all the crusts are gone. Retin-A may be restarted with your doctor's permission.
14. Move your legs and feet often to prevent dangerous blood clots in the legs. Taking big breaths and coughing will restore normal lung function after anesthesia.
15. Please call our office if you have any questions.
16. Call our office soon to schedule your first post-op visit on _____.