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AESTHETIC CENTER AT WOODHOLME

# Browlift

## Post-operative Instructions

**Instructions:** Begin Day of Surgery

1. Limit activity to bed rest with bathroom privileges **the day of surgery.**
2. Apply ice compresses to forehead, top of head and eyes for 24-48 hours as much as you can tolerate.
3. Sleep with head elevated at least 30 degrees (2-3pillows) for **2 weeks**
4. If dressing has been applied do not remove. Dressing may be reinforced with gauze if needed.
5. Regular diet as tolerated. Alcohol should be avoided for **1 week** after surgery.

**Call the office if you experience heavy bleeding, (saturating dressing) or experience severe pain.**

**NOTE: Swelling usually peaks 2-3 days after surgery.**

**Days 2-7:**

- Activity level:
  - You should be up and walking around the house after 24 hours.
  - No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over **20 lbs for 2 weeks.**
  - Do not return to exercise until approved by your physician.
- You may shower and shampoo your hair 24 hours after surgery, or after the dressing has been removed by your doctor. **Do not pull up on hair, especially when toweling dry or combing. Do not blow dry hair. (We do not want any heat on or near where you had surgery as this could cause complications).**
- Clean suture lines with normal saline/hydrogen peroxide solution (provided) using a gauze or Q tips. Spray incisions with Avene spring water (provided). Apply Aquaphor ointment or Vaseline. Repeat procedure 2-3 times a day.
- Swelling and bruising will extend into your lower lids and cheeks. This is normal.

**DO NOT RUB, SCRATCH, OR MASSAGE FOREHEAD OR SCALP!**

Hair coloring is usually allowed 2 weeks after surgery, but please check with your physician first.

\*It is common for patients to feel depressed the first few days after surgery. This improves quickly as you begin to look and feel better. There is certainly a "let down period" after the anxiety and excitement of surgery. It will improve as the healing progresses.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

Follow up appointments:   Date: \_\_\_\_\_ Time: \_\_\_\_\_ Dr. \_\_\_\_\_  
   Date: \_\_\_\_\_ Time: \_\_\_\_\_ Dr. \_\_\_\_\_  
   Date: \_\_\_\_\_ Time: \_\_\_\_\_ Aesthetician \_\_\_\_\_

\_\_\_Postoperative instructions have been reviewed with me.

\_\_\_I have received a copy of these instructions.

\_\_\_\_\_  
 Nurse    Time    Physician    Patient or responsible party