

BROW LIFT POST-OP INSTRUCTIONS

ACTIVITY

- Sleep on your back if possible on an extra pillow for a few days.
- Avoid picking up anything greater than 5 lbs the first week and minimize straining.
- Avoid activities that will increase blood pressure.
- Avoid smoking or being around smoke for at least 4 weeks after your surgery. This will delay the healing of your surgery.

DIET

- Eat a regular diet as tolerated.
- If you have persistent nausea eat a bland diet until nausea subsides.

DRESSINGS

- There will not be a dressing after the surgery.
- Apply topical antibiotic (prescription will be given or called in) to your incision twice a day for three days.
- After the third day of applying prescribed topical antibiotic, only use vaseline/aquaphor on site with irritation.
- Keep your eyes moist with artificial tears 3-6 times daily. We recommend Systane or Blink (these are over the counter).
- You may shower/bathe starting 24 hours after the surgery.
- Ice above and around the eyes frequently for the first 24-48 hours after surgery. A bag of frozen peas works well also.

MEDICATION

- We will recommend taking Tylenol for any possible pain.
- If prescribed pain medication is needed, do not take Tylenol while taking prescribed pain medication.
- Do not drink alcohol or drive while you are taking the pain medication.
- Pain medication can cause nausea and should be taken with food with each dose.
- You may resume your regular medication after your surgery.
- DO NOT resume un-prescribed aspirin, ibuprofen, advil, and un-prescribed blood thinners until at least 7 days after surgery.

CALL IF YOU HAVE:

- A sustained temperature greater than 101 degrees.
- Excessive bleeding or swelling.
- Any questions regarding your care.