



The Plastic Surgery Experts

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Browlift Post Operative Instructions

- Elevate head of bed 30 degrees (two pillows is sufficient) for 2 weeks following surgery. Sleep on you back for 6 weeks.
- No bending over for 10 days.
- Discoloration can be covered with a water base make-up 2 days after surgery.
- Avoid direct sun exposure for the first month.
- Eyeglasses can be worn after the dressing is removed. Contacts may be placed on the first day following surgery unless eyelid surgery is also performed.
- Wash hair with only water on the first post-operative day. Gently dry hair with a towel. Use baby shampoo on the second post-operative day-once a day.
- Avoid "hot" hair blower for the first week.
- Do not wash your hair on the seventh post-operative day when the sutures and staples are removed.
- Avoid hair coloring for 4-6 weeks.
- Do not eyebrow tweeze for 1 week.
- No pull-over clothes for 1 week.
- Avoid rigorous activity for 4 weeks. Brisk walking can be done after 2 weeks. Avoid jogging until 4 weeks following surgery.
- Clean the incision along the hairline 6 times a day for the first week with Witch Hazel on Q-tips.
- Do not drive a car until you have discontinued the use of prescription pain medicine.
- Return to work in 1 to 2 weeks depending on individual healing.
- **You will need to return for a post-operative visit the day after surgery to have the initial dressing removed.**

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