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Browlift Postoperative Instructions

Thank you very much for allowing us to perform your surgery. Please feel free to call us at any time if instructions are not clear or issues are not addressed by this instruction sheet.

Do not take your pain medication on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.

Keep your head elevated at all times. If you drop something, squat keeping your head elevated to pick it up. Sleep with several pillows or in a recliner chair for **one to three days** to keep your head elevated.

Your scalp incisions will be closed with sutures. Apply a small amount of antibacterial ointment **three times** per day until the sutures are removed.

Cold compresses should be kept on the area around the eyes for **24-48 hours** to minimize swelling. You may use a washcloth or gauze soaked in ice water draped over the eye area as a compress. Do not put ice directly on your skin. You could have numbness to the area, and direct ice can damage the skin.

You may wash your hair with assistance at any time following your surgery. Be gentle during this washing. Towel dry, do not use a hair dryer or curling iron until instructed by your doctor.

You may shower the day after surgery. Do not expose your face to hot water. You may require assistance to stand in the shower because you may be somewhat weak from the anesthetic.

Swelling will be maximal at **48-72 hours**, then drastically decrease over the next **two weeks**. During the first few postoperative days, gravity will pull the swelling down into your eyelid and cheek areas as the swelling decreases in the brow. It takes at least **three months** for all the swelling to resolve.

You will be able to apply makeup at **seven to ten days** after your surgery. Check with our office if you have questions about this. Clean your face of makeup with a gentle cleanser.

You will return **five to seven days** after your surgery. You will have sutures removed at this time. Please call if you have questions, concerns or feel you need to be seen sooner.

Phone Numbers:

Cool Springs Plastic Surgery – 615-771-7718
Dr. Moore's Cell – 615-476-2784
Dr. Sarosiek's Cell- 215-910-11878

*In the event of an emergency, please call, do not text