

BROW LIFT

Use preservative free eye drops as needed during the day (Refresh plus or similar) and at bedtime (Refresh PM) for 7 days after eyelid surgery. This can be discontinued when swelling around the eyelid and irritation has diminished.

After 24 hours, you may start washing your hair with a neutral or bland shampoo. **A baby soap/shampoo is preferable, as it will not cause irritation if it accidentally enters the eye.** You may use a moisturizer on the face but keep it away from suture lines.

You may wash your hair using a mild shampoo/baby shampoo about 24 hours after the procedure. It may take several washings before all crusts are out of your hair.

Do not use hairsprays, conditioners, gels, and etc. for 2 weeks after the operation if there are incisions over the scalp (brow lift). Hair color should be delayed for 4 weeks after the surgery.

Be careful using a comb or brush as it may get caught in the suture line **Your hair may be blow dried but only in the cool setting!!** (If scalp incisions are present)

Do not apply any cream or ointment except the ones we suggest.

You may walk and climb stairs as soon as you feel fit to do so without any restrictions.

Gradually work back up to pre-surgical activities after three weeks.

Strenuous activity can be resumed after 6 weeks.

Sun and heat exposure

Your surgery will leave a scar and it may take well over a year to fade and blend in with surrounding skin. No matter how small the scar, sunlight can cause permanent darkening of your scar. Sunlight can even go through your clothes.

Do not expose your incision/scar to direct sunlight for a year from the time of surgery. Use sunscreen with a SPF for at least 30 when you go out. Wait

for 2 weeks from the date surgery before starting to use sunscreen. **Wear a wide brim hat and sunglasses.**

Do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth) for at least 12 weeks after surgery or permanently if you have areas of decreased sensation around the scars.

Other instructions

For two weeks after the operation, do not use Aspirin, ibuprofen or similar medications. For a complete list please see above. You may use regular Tylenol.

You should do breathing exercises for one week after surgery or until you are able to get up and walk around comfortably. This is to prevent pulmonary complications of general anesthesia

When to call the office

Call the office if you are unable to tolerate food or liquids for more than 24 hours; are vomiting for more than 24 hours or become dehydrated even if less than 24 hours.

Call the office immediately for a fever of 101F or higher.

Call the office if there is increasing pain, redness, swelling, and warmth or pus drainage at the incision/wound.