



BROW LIFT POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

You will need someone to drive you home and stay with you for the first 24 hours after surgery. Do not drive for 48 hours.

You CANNOT have anything to eat or drink after midnight prior to surgery.

The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **Do NOT bend over** (e.g., reading).

Use ice compresses regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort use Acetaminophen (Tylenol) 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication will be prescribed to you by Dr. Jaggi, only if he deems necessary.

Do not lift (greater than 10 pounds), bend, exercise, swim or fly for **2 weeks** following your surgery.

Do not wash your hair for the first 3 days after surgery. You may wash your face, carefully avoiding the dressing. Take tub baths until the dressings are removed on day 3. After your dressings are removed, you may shower. Cleanse all areas gently and pat dry. You may also use a blow dryer if done without a comb or brush for 2 weeks.

Make-up may be used after **day 5**.

Contact lenses may be worn **2-3 weeks** after your procedure.

Do not squeeze or pluck eyebrows for **2 weeks**.

For crusting around the suture line, cleanse gently with warm water. Avoid rubbing hard directly over the suture lines.

An ointment (Cytoderma) for your incision will be given to you. This should be applied twice daily once your dressings are removed

CONTINUED ON REVERSE



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Absolutely avoid direct sun or tanning for 6 weeks after surgery. Heat may cause the eyes or face to swell. Wear a hat and sunscreen to reduce chances of sunburn.

Wear clothing that fastens in the front or back for **1 week**. Avoid slipover sweaters, T-shirts, and turtlenecks.

It is normal for some facial, cheek, and eye swelling and discolouration to be present for the first **2-3 weeks**.

It is normal to have numbness in the forehead that may come and go for up to **1 year**.

You will be booked for a follow up appointment to have your sutures removed.

Contact Dr. Jaggi if you develop any of the following:

- Redness or excessive bleeding from your incision.
- Severe pain, uncontrolled by pain medication.
- Visual changes or a decrease in vision.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital within 10 days of having your procedure.

You will be given an emergency contact number upon discharge