

## ENDOSCOPIC BROW LIFT INSTRUCTIONS

### What to Expect:

You will have four small incisions behind the hairline. You may be numb around this area (this will improve with time).

You may feel tightness to the forehead for the first two weeks.

Expect that the brows will look “over-elevated” for the first week and will progressively settle into the correct and more natural position from 1 week to 1 month after surgery.

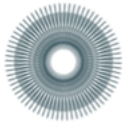
You may have bruising and swelling that settles into the cheeks and lower face after surgery. This typically fades away over 1-2 weeks depending on how you bruise and swell.

Avoid all blood thinning products (as in the “before surgery” instructions listed. If prescribed a blood thinner by a primary care physician or cardiologist, check with your prescribing doctor and myself prior to stopping and restarting the medication.

You may experience a headache that improves after the first 48 hours after surgery. Please contact the office if the medication prescribed is not helping.

### Before Surgery:

You will likely be given a prescription called Emend (Aprepitant) and Gabapentin which you will bring with you the day of surgery and take 1 hour prior to surgery with a sip of water.



## Post-Operative Instructions:

Take the post-op pain medication as prescribed every 4-6 hours as needed. Do not take Ibuprofen, Aleve, ASA, or other blood thinning pain medications.

You may shower 24 hours after your surgery. You can shampoo your hair, be careful around the incision sites.

Place Neosporin (over the counter) triple antibiotic OINTMENT on the incision sites 4 times daily.

You will return in 6-8 days for removal of sutures/staples.

Sleep on 1-2 pillows with your head elevated. Avoid sleeping face down.

You may ice the forehead and brow area 20 minutes out of every hour while you are awake for the first 48 hours.

### Call if:

- You experience pain that is not lessened with pain medication
- You experience any collection of fluid that rapidly expands and is associated with pain
- Any other symptoms that are concerning