

## Post-Care Instructions: Endoscopic Brow Lift

### Immediately After Surgery

- **Rest with your head elevated** (2–3 pillows or in a recliner) for the first 5–7 days to reduce swelling.
- **Cold compresses** can be applied gently to the forehead and upper face for 10–15 minutes at a time, several times a day during the first 48 hours. Avoid pressure.
- **Keep your dressings clean and dry.** If a headwrap or bandage was placed, do not remove it unless instructed.
- You may have **small sutures or surgical staples** in the scalp. These are typically removed in 7–10 days.

### Medications

- Take **prescribed pain medication** and antibiotics as directed.
- You may also take **Tylenol (acetaminophen)**. Avoid NSAIDs (Advil, Motrin, Aleve) and supplements like fish oil, vitamin E, or turmeric for 7 days unless cleared by your surgeon.

### Activity Restrictions

- Avoid **bending over, heavy lifting, or straining** for 1 week.
- No vigorous exercise or cardio for **at least 2 weeks**.
- Avoid **direct sun exposure** to incisions; wear a wide-brimmed hat and use SPF 30+ when outdoors.

### What to Expect

- Mild bruising and swelling around the eyes and forehead are normal and peak around days 2–4.
- Numbness or tingling in the scalp and forehead is expected and may take weeks to resolve.
- You may notice asymmetry, puckering, or over-elevation early on — this usually settles over the first few weeks.

### Hair Care

- You may gently wash your hair **48–72 hours** after surgery using baby shampoo or a gentle cleanser.
- Do not scrub or apply heat to the incision sites.
- Avoid coloring or chemically treating hair for **at least 4 weeks** post-op.

### Follow-Up

- Your first post-op appointment will be on: \_\_\_\_\_
- If you experience **fever, excessive bleeding, sudden vision changes, or severe pain**, contact us immediately at (305) 317-6448 or Dr Avilas cell phone (561) 901-7303