SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Post-Care Instructions: Endoscopic Brow Lift

Immediately After Surgery

- **Keep your head elevated** using 2–3 pillows or a recliner for the first 5–7 days. Sleep on your back and avoid sleeping on your face or sides, especially if this places pressure on your forehead or temples.
- **Apply cold compresses** gently to your forehead and upper face for 10–15 minutes at a time, several times daily during the first 48 hours. Avoid direct ice contact with the skin or pressure on the surgical areas.
- **Keep your dressings clean and dry.** If a headwrap or bandage was placed, do not remove it unless instructed by our office.
- Small sutures or staples may be present within the scalp. These are generally removed approximately 7–10 days after surgery, depending on your healing.
- Avoid rubbing, massaging, or applying pressure to your forehead, brows, and temples.

Medications

- You will be prescribed an antibiotic ointment for your incisions, a Medrol Dosepak to help reduce inflammation, and pain medication as needed. Take all medications as directed.
- Avoid NSAIDs such as Advil, Motrin, Aleve, and aspirin for 7 days unless otherwise instructed.
- Avoid supplements that may increase bleeding, including fish oil, vitamin E, and turmeric, for at least 7 days unless cleared by your surgeon.
- Prescription pain medications may cause constipation. Stay hydrated and consider a stool softener if needed.
- Avoid alcohol while taking prescription pain medication and for at least the first 48 hours after surgery.

Activity Restrictions

- **First week:** Avoid bending over, heavy lifting, straining, or activities that significantly increase pressure in your head and face.
- **First 2 weeks:** Avoid vigorous exercise, running, cardio, weightlifting, and strenuous physical activity.
- Light walking is encouraged beginning the day after surgery, as tolerated.
- Avoid swimming pools, hot tubs, saunas, and steam rooms for at least 2 weeks or until your incisions have completely healed.
- Avoid direct sun exposure to your incisions. Once healed, protect them with SPF 30+ and a loose-fitting, wide-brimmed hat.
- Do not drive for at least 24 hours after anesthesia or while taking sedating prescription medications.

- Avoid tight hats, headbands, helmets, or anything that applies pressure to the surgical areas until cleared by our office.

What to Expect During Recovery

Swelling and Bruising

- Swelling and bruising around the forehead, temples, and eyes are normal and typically peak around days 2–4.
- Bruising may travel downward toward the eyelids and cheeks due to gravity.
- Most visible swelling improves significantly over the first 1–2 weeks, although subtle swelling may persist longer.

Headache and Forehead Tightness

- A sensation of tightness, pressure, or pulling across the forehead and scalp is common during the initial healing period.
- You may experience headaches, particularly if you have a history of migraines.
- Mild discomfort should gradually improve rather than worsen.

Jaw Discomfort

- Some patients experience discomfort near the temples or jaw, particularly when chewing.
- We recommend softer foods during the first several days if chewing is uncomfortable.
- This discomfort typically improves as swelling resolves.

Numbness and Tingling

- Temporary numbness, tingling, itching, or altered sensation along the forehead and scalp is expected.
- Sensation generally improves gradually over weeks to months, although recovery varies between patients.

Brow Position and Asymmetry

- Your brows may initially appear higher than expected, uneven, or slightly puckered.
- These changes are common during early healing and typically soften as swelling resolves and tissues settle.
- Final brow position and contour may take several months to stabilize.

Hair and Incision Care

- You may gently wash your hair **48–72 hours after surgery**, unless otherwise instructed.
- Use baby shampoo or a gentle cleanser with lukewarm water.

- Avoid vigorously scrubbing, scratching, or rubbing the incision sites.
- Gently pat the area dry rather than rubbing with a towel.
- Apply your prescribed ointment to the incisions as directed.
- Avoid blow-dryers on high heat, curling irons, flat irons, and other heated styling tools near the incisions until healed.
- Avoid hair coloring, bleaching, perms, or chemical treatments for at least **4 weeks** after surgery.
- Do not pick at scabs or attempt to remove sutures or staples yourself.

Additional Recommendations

- Stay well hydrated and maintain a healthy diet with adequate protein to support healing.
- Avoid smoking, vaping, and nicotine products, as these can impair wound healing.
- Avoid elective facial treatments, massages, and cosmetic injections around the forehead and temples until cleared by Dr. Avila.
- If you wear contact lenses or makeup, follow any additional instructions provided if eyelid surgery was performed at the same time.
- Attend all scheduled follow-up appointments so we can monitor your healing and remove sutures or staples when appropriate.

When to Contact Our Office

Please contact us immediately if you experience:

- Sudden or rapidly increasing swelling, particularly on one side.
- Severe or progressively worsening pain that is not relieved by medication.
- Significant bleeding or expanding bruising associated with increasing tension.
- Fever of 101°F (38.3°C) or higher.
- Increasing redness, warmth, pus, or foul-smelling drainage from an incision.
- Sudden vision changes, double vision, or significant eye pain.
- Difficulty closing your eyes or new, significant eye irritation.

For sudden vision loss, severe eye pain, or other potentially serious emergencies, seek immediate emergency medical attention.

Contact Information

Office: (305) 317-6448
Dr. Avila's Cell: (561) 901-7303

We are here to support you throughout your recovery. If you have any questions or concerns, please do not hesitate to contact us.