



For questions or emergency care, please contact us at 985-327-5905.

**POSTOPERATIVE INSTRUCTIONS
ENDOSCOPIC FOREHEAD (BROW) LIFT**

- Clean Staple lines with Witch Hazel and a Q-tip 4-6 times daily.
- Continue cold compresses over eyelids for 2 days.
- Sleep on back with head elevated 30 to 40 degrees - use pillows, wedge cushion or in a recliner
- Shower on the first post – op day. Allow warm water to run through hair without soap or shampoo.
- Shower twice daily starting 2nd post – op day. Clean scalp with Johnson’s Baby Shampoo. Continue showers twice daily until all crusts are gone.

- NO exercising, bending over, or heavy lifting for the first 10 days.
- Do NOT apply make up for at least 10 days following surgery.
- Do NOT pluck eyebrows for 2 weeks.
- Do NOT sleep on stomach or side.

- You may experience some bruising around the eyelids, due to lymphatic drainage patterns. Most bruising subsides within 10-14 days.
- You may experience numbness on the forehead and scalp post operatively. This usually resolves within 3-6 months.

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