

Browlift – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every hour.
- Avoid strenuous activity/exercise and keep heart rate below 100 bpm for 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Swelling & Bruising

- Swelling and bruising are normal and may persist for several weeks.
- Cold compresses may be used during the first 48–72 hours as directed.

Incision Care

- Keep incisions clean and dry. Wash with soap and water. Cover with ABD pads and apply compression wrap.
- Showering is typically permitted within 24–48 hours unless otherwise instructed.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Significant asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Head Positioning

- Keep head elevated while resting. Use a few pillows.
- Apply cold compresses during first 72 hours.

Hair & Scalp Care

- Hair may be washed gently after bandages are removed.
- Avoid hair products and heat styling tools until cleared.

Expected Recovery

- Temporary tightness, numbness, or mild headache may occur.
- Staples or sutures are typically removed within 7–10 days.

- You can return to work in 1 week and drive in 1 week. You can go on road trips in 2 weeks and fly in 4 weeks.