

DR. WENIGER'S BROWLIFT POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the major problem to watch for is bleeding and blood collecting under the skin (hematoma). Fever over 101 degrees F, any sudden increase in bloody output, increase in swelling, or bruising on one side of the face could be the result of bleeding and should be reported to the office immediately.

Depending on the type of browlift you received you may be restricted on having anything touch your forehead/anterior hairline to prevent detachment of the brow device.

DO:

- If you received an Endo browlift, be very careful not to put ANY pressure on or dislodge the fixation devices near the hairline.
- Keep head elevated at all times to prevent hematoma and also while sleeping to help swelling for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Use cool compresses/iced gauze on eyes every 30 minutes for 3 days.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain medicine runs out or if too strong.
- Walk OUTSIDE daily beginning the day after surgery.
- Eat as tolerated. Start with something light and then advance diet slowly. Eat plenty of protein and avoid salt. Do not over drink fluids.

DO NOT:

- **Bend over, lean, squat, or plie. Do not lift your foot up to you to put on socks and shoes.**
- Drive until instructed to do so by Dr. Weniger (no patient may drive while on narcotics or while vision is impaired by swelling or ointment).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding). All activities may be resumed after 6 weeks.
- Wet incisions until instructed to do so by Dr. Weniger.
- Drink alcohol while on narcotics or for one week after surgery.
- Restart blood thinners (ibuprofen, advil, aleve, aspirin, etc.) for 2 weeks after surgery.
- Touch forehead / hairline or near devices if devices were placed.
- Attempt to wash hair or forehead until instructed to do so by Dr. Weniger.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123