



DAINES PLASTIC SURGERY

BROW LIFT

POST-OP INSTRUCTIONS:

- Please do not take aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil, or ANY herbal supplements for 2 weeks prior and 1 week after surgery.
- You will experience discomfort that should be controlled with the pain medication prescribed.
- There will be tightness of the forehead and you can expect some bruising and/or swelling for 7-14 days. This can be minimized by using ice packs and sleeping with your head elevated for the first 72 hours. 2-3 pillows are usually sufficient, or a recliner also works well.
- Numbness of the forehead and scalp is common, but usually temporary.
- You may shower after 48 hours.
- Begin gently cleaning incisions with Q-tips soaked in dilute hydrogen peroxide twice daily to remove any dried blood. Pat dry afterwards. Continue for 3 more days.
- On the 4th day you can use soap and warm water to clean your incisions.
- Sutures or surgical staples are removed within 7-10 days.
- Make-up can be worn after a week and hair can be colored after 4 weeks.
- Most patients can return to work after the first week and should avoid strenuous activity for 3-4 weeks.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US AT THE
OFFICE (949) 209-1622**