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**Endoscopic Browlift Post-Operative Instructions**

- Your head dressing can be removed 48 hours after surgery.
- Your head should be elevated on at least two (2) pillows during sleep for the first fourteen (14) days in order to help reduce swelling.
- No bending over or heavy lifting for two (2) weeks. No strenuous exercise for at least (4) weeks.
- Forehead swelling may prevent the upper eyelids from closing completely for several days. Saline eye drops such as Artificial Tears, can be used for dryness as often as needed. Avoid ceiling fans or any direct air that could encourage dryness of the eyes.
- Numbness and tingling sensations in the forehead may last for several weeks. You may also experience some tenderness in this region.
- As the small nerves grow back, symptoms of itching are often experienced. These feelings will eventually disappear.
- You may gently shampoo your hair 48 hours after surgery. Do not use conditioners or hair styling products. Baby shampoo is strongly recommended. Avoid any strong rubbing or combing along the incision line. Do not blow dry your hair for five (5) days. After five (5) days, you may blow dry your hair but make sure to use a diffuser. Post-pone any hair coloring or permanent waves for three (3) to four (4) weeks following surgery.

Please call the office if you have **any questions** or if we may be of assistance.

Please **call the office at 916-419-4588** if you develop a temperature or have any concerns that need immediate attention. **If the office is closed**, please dial Ext. 5 to be connected with Dr. Heir's cell phone.