



## **Endoscopic Browlift & Midfacelift Post-Surgery Instructions**

1. Carefully read the “General Post-Surgery Instructions” sheet.
2. Keep head elevated on at least 2 pillows.
3. Swelling and bruising of the eyelids, cheeks and forehead is variable. Ice packs (ice cubes, crushed in a towel with a hammer, placed in a baggie) over the eyes for the first 24-48 hours are very helpful. Place wet 4X4 gauze or wet washcloth over the eyelids and then place the ice packs over the wet gauze for 20 minutes. Keep pressure over the ice packs with the “Ace Bandage” provided to you. After 30-60 minutes without ice packs, repeat the procedure. Continue this for 24-48 hours during your waking hours if possible.
4. If a midfacelift was performed along with the Endoscopic Browlift, the swelling and bruising of the eyelids will be significantly increased. It also is not unusual to have swelling of the white part of your eyes accompanied by some blurred vision for several days. Ice packs over the eyes will decrease the discomfort. Warm Saline Mouth Rinses 3 times per day for 1 week.
5. Staples are used to reapproximate the 5-6 incisions behind the hairline. These staples incisions should be covered with antibiotic ointment for 4 days after the surgery.
6. You may shampoo, rinse, dry and comb your hair 2 days after the surgery. Apply antibiotic ointment to the stapled incisions for 2 more days. Careful when combing hair – some strands of hair are being held by the staples.
7. Staples are painlessly removed in 8-12 days after the surgery.
8. Camouflage make-up may be applied 2 days after the surgery.
9. Contact lenses should not be worn for one week after the surgery.
10. Artificial tear medication (over-the-counter) may be placed in eyes if needed.
11. No high impact exercise for 1 month after surgery. You may exercise on a stationary exercise cycle.
12. Do not hesitate to call us anytime with questions during office hours 309-683-3223 or after hours 309-868-2525