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### **Pre- and Post-Surgery Patient Instructions: Brow Lift Surgery**

You will be asked to keep your head elevated for two to three days following surgery to keep the swelling down. Swelling and bruising may also affect the cheeks and eyes. The swelling should begin to disappear in a week or so.

You may experience some numbness and temporary discomfort around the incision.

As the nerves heal, numbness on the top of your scalp may be replaced by itching. These sensations may take as long as six months to fully disappear. Endoscopic forehead lift patients usually experience less of this numbness and itching.

If bandages were used, they can be removed a day or two after surgery.

Most stitches or clips will be removed within one to two weeks, sometimes in two stages with the coronal forehead lift.

Some of your hair around the incision may fall out and may temporarily be a bit thinner. Normal growth will usually resume within a few weeks or months. Permanent hair loss is rare.

Although you should be up and about in a day or two, plan on taking it easy for at least the first week after surgery. You should be able to shower and shampoo your hair within two days, or as soon as the bandage is removed.

Most patients are back to work in a week to 10 days. Endoscopic patients may feel ready to return even sooner.

Vigorous physical activity should be limited for several weeks, including jogging, bending, heavy housework, or any activity that increases your blood pressure. Prolonged exposure to heat or sun should be limited for several months.

Most of the visible signs of surgery should fade completely within about three weeks. Minor swelling and bruising can be concealed with special camouflage makeup. You may feel a bit tired and let down at first, but your energy level will increase as you begin to look and feel better.