

**Daniel O. Beck, MD**  
**Dallas Plastic Surgery Institute**  
**www.beckplasticsurgery.com**

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**BROWLIFT**  
**AFTER CARE INSTRUCTIONS**

1. After surgery elevate your head and shoulders at a 45° angle. A wedge rest is preferable to pillows, as you want to avoid bending forward at the neck for the first 2 weeks.
2. When awake in bed please flex your ankles and legs up and down 4-6 times every hour. This will help lower extremity circulation and minimize the risks of swelling and blood clots.
3. It is important to get out of bed (with assistance) as early and often as possible after your surgery to prevent postoperative problems. While the goal is to move about, even getting out of bed and into a chair will be beneficial.
4. Your eyes may be swollen after the procedure so make sure you have assistance with getting out of bed and moving around until the swelling subsides.
5. If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take the pain medication with crackers, Jell-O, etc. If you do not have pain please do not take the pain medication. Do not drink alcohol while you are taking pain medication. In addition, you may be given an anti-anxiety/muscle relaxant medication that you may take as well to prevent aggravation of the pain cycle.
6. A light diet is best following surgery that day. Begin by taking liquid slowly and progress to soups or Jell-O. You may start with a soft, regular diet the next day. Over the next 6 weeks, a high protein diet will benefit your recovery. Daily protein supplementation with pre-made shakes (eg. Boost, Muscle Milk) or soluble powder (whey, soy etc.) from a nutrition store is recommended.
7. Swelling of the face and eyes after surgery is normal and expected. If you develop an acute onset of swelling on one side of your face or scalp, which is definitely more pronounced than on the other side, or if you are having pain, which is NOT relieved by the pain medication, please call Dr. Beck immediately.
8. If you have dry eyes- use Refresh Plus drops (purchased separately, available over the counter) in both eyes every 1-2 hours as needed.
9. Head wrapping will be removed 24-48 hours after surgery. After your dressings have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crust and ointment is out of your hair. Do not use hairspray, conditioner, gels, etc. while the stitches and clips are in place. You may start washing your face gently with a mild soap (Neutrogena, Ivory, etc.) and use a moisturizer on your face, being careful to keep it away from the incision lines.

10. The staples will be removed in 7-10 days. Dr. Beck uses staples because they are less damaging to the hair follicles and minimize possible hair loss.

11. You may gradually resume normal daily activities after 2 weeks being careful to avoid any activity that causes pain or discomfort. Lifting of objects heavier than 10 pounds should be avoided for 3 weeks. Strenuous activities and exercises are to be avoided until 4 weeks after surgery. During the recovery period your heart rate should stay below 100 beats per minute.

12. Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately one week after surgery. Glasses may be worn until then, but please follow given instructions if any other procedures of the head/neck were performed at the same time (eg. facelift, rhinoplasty).

13. Hair coloring should be delayed until 3 weeks after surgery when healing has progressed and no crust remains.

14. All incisions and the skin of your face will be extremely sensitive to sunlight during the healing phase. Protect your facial skin from excessive exposure to the sun for 8 weeks. Direct sun contact or tanning booths are to be avoided. Wearing a wide brim hat and use of a clinical grade sunscreen with a SPF of at least 30 and zinc oxide (UVA and UVB protection) is recommended.

15. **DO NOT SMOKE** or ingest any nicotine containing products. This is very important for optimal wound healing.

### **WHAT TO EXPECT AFTER SURGERY**

Tearing and swelling of your eyes will often occur after brow surgery. The eyelids may feel tight and it may be hard to completely close your eyelids. This will cease as swelling subsides.

You may have a dull type headache for several days after surgery. This is a normal sensation after surgery and will resolve as you heal.

Your forehead will feel tight and there will be a feeling of numbness for several months after the surgery. This will gradually disappear and the feeling will return in about 6 months.

Occasionally, you may have some temporary hair loss in the area of the incision. A majority of the time this is temporary and due to the trauma of surgery on the hair follicles. If temporary, it will resolve in 4-6 months.

#### **Please note:**

**- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.**

**- If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Beck immediately.**

**FOLLOW-UP INSTRUCTIONS**

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK**

If you need immediate care, please call Dr. Beck anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Beck’s cell: given at time of surgery

Dr. Beck’s office: 214-818-4751

Dr. Beck’s email: [drbeck@dpsi.org](mailto:drbeck@dpsi.org)

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