



## Post Operative Instructions Endoscopic Browlift

Sleep with the head elevated on two pillows or in a recliner for the first two days. During the first 24 hours you may apply an iced compresses to the brow area to help decrease swelling and bruising and to help control discomfort. These compresses can be in the form of crushed ice in a baggie or frozen popcorn kernels in a baggie, which readily conform to the area on which they are used.

You may eat and drink as desired and we encourage you to drink plenty of fluids.

It is common to experience a headache for the first 48 hours after brow lift surgery. This should be relieved by your pain medication. Take the pain medication as prescribed and as needed. You may take Tylenol after you stop taking the prescribed pain medication. Always take them with food as they can cause irritation to the stomach. Pain medications can also be constipating. Once again, drink plenty of fluids and you may wish to take an over-the-counter stool softener such as Metamucil, Colace, or Docusate Sodium.

You may bathe, but keep the compression dressing dry and in place until your next appointment with Dr. Magilke.