



Eyebrow lift Aftercare Instructions

Post-operative timeline and instructions for Eyebrow lift

Week 1

- Wear compression garment continuously except for showering
- Keep incisions clean and dry, and change dressings daily
- Apply antibiotic ointment to incisions
- Take prescribed pain medication, use Tylenol for mild pain
- Drink plenty of fluids and eat high-protein
- Take short, gentle walks around the house
- Restrict lifting to less than 5 lbs
- No exercise or strenuous activity

Weeks 2-4

- Wear compression garment during the daytime
- Monitor incisions for signs of infection
- Bruising and swelling should start to resolve; use cold compresses if needed.
- Gradually increase mobility with more extended, gentle walks
- Can resume light activities like cooking and desk work
- Avoid straining or stretching the treated area

Weeks 4-6

- You only need to wear compression at night
- Bruising and swelling significantly diminished
- Stitches are expected to dissolve or be removed around week 5
- May resume light cardio like walking after 4 weeks
- No weightlifting or high-impact exercise until 6 weeks
- Lymphatic massage can help continue reducing swelling

Head Positioning:

- Keep your head elevated on a wedge pillow. Avoid straining for 72 hours.
- Flex feet/legs hourly while in bed to promote circulation. Have assistance getting up to prevent dizziness.

Swelling Management:

- Apply ice packs/cold compresses to the surgery site and eyelids for 72 hours to reduce swelling.
- Expect swelling around the eyes and face. Not the doctor if swelling is uneven or excessive.

Medications:

- Take prescribed pain medication every 4-8 hours as needed. Take with food to prevent nausea.
- Do not drink alcohol while taking medication.

Diet:

- Start with clear liquids, progress to soft foods, then regular diet over 2-3 days.

Hair Care:

- Remove head bandages 24-48 hours after surgery—wash the hair gently with baby shampoo.
- Avoid hairspray, conditioners, and hair products. Use a blow dryer relaxed on a fantastic setting.

Activity Restrictions:

- Avoid strenuous activity for 3 weeks. Keep heart rate under 100 bpm—no heavy lifting.
- Gradually increase activity after 3 weeks. At four weeks, the total activity was as follows.

Follow-up Appointments:

- During the first three weeks post-op, the patient should be seen again at six weeks, six months, and one year.

Expected Effects:

- Numbness and tightness around incisions and eyes improve over the months.
- Temporary hair loss near incisions.
- Complete recovery in 4-6 months.

Call the Doctor if:

- Fever over 101F, increasing pain/swelling, nausea, vomiting, rash, and shortness of breath.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



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