



GULF COAST FACIAL PLASTICS

*Where Art and Medicine Come Face to Face®*

200 Doctors Drive, Panama City, FL 32405

1303 Mosley Drive, Lynn Haven, FL 32444

[www.gulfcoastfacialplastics.com](http://www.gulfcoastfacialplastics.com)

### **Pre/Post-Operative Instructions for Brow Lift**

- Keep your head elevated 12"-18" above the level of your heart by using pillows.  
DO NOT LIE FLAT.
- Sleep on your back.
- No bending over or heavy lifting for one week.
- Limit strenuous activity or exercise for three weeks.
- You may shower the day after surgery (after the dressing is removed). Please do not let the force of the water hit directly on the incisions.
- It is normal for the eyes to bruise.
- No smoking!
- No hair coloring for 1 month.