Elmé Aesthetics and Reconstructive Techniques

Brow & Forehead Lift Discharge Instructions

Thank you for trusting us with your care. At Elmé, we believe every patient deserves to feel seen, heard, and supported throughout their healing journey. These instructions are designed to help you recover safely and comfortably. If you have any concerns, please reach out as we are here for you.

How to Reach Us
Office: Monday-Friday 8am-4pm (716) 320-3563
After Hours & Weekends: (716) 214-3644

When to Call Us Immediately
Your well-being is our top priority. Please call us right away if you experience:

- Severe pain that does not improve with medication
- Eyelid or forehead swelling, bruising, or bleeding that worsens to the point you cannot open your eyes
- Dimming or loss of vision that does not clear with blinking and is not caused by ointment
- Any signs of infection, such as greenish or pus-like discharge from your incisions, or a fever over 101°F

What to Expect

- Temporary numbness in your forehead and scalp is common and can last weeks to months.
- Some mild oozing of blood from your incisions overnight is normal.
- Swelling and bruising around your forehead, eyelids, and temples are expected. Bruising may be most noticeable 1–2 days after surgery and can move into your cheeks.
- You may develop a black eye; this is part of the normal healing process.

Comfort & Cold Compresses

- To reduce swelling and bruising, gently apply cold compresses (a damp cloth with crushed ice or frozen peas in a clean bag) to your forehead and eyelids for 20 minutes each hour while awake, for the first few days.

Medications

- Use prescription eye drops and ointment as directed. Do not apply ointment to staples.
- For mild pain, use Tylenol or Extra-Strength Tylenol. Use prescription pain medication for moderate pain, always with food.
- Avoid aspirin and NSAIDs (Advil, Motrin, Aleve) for 2 days after surgery.
- Restart blood thinners and any other medications only as instructed by the prescribing provider.
- If prescribed, take oral antibiotics and steroids exactly as directed, with food to avoid nausea.

Activity & Rest

- Rest as much as possible after surgery. Sleep with your head slightly elevated for the first two nights to minimize swelling.
- Avoid bending or lifting anything over 20 lbs for 7 days. You may resume light aerobic activity after 7 days.
- Do not drive while your vision is impaired or while taking prescription pain medication.
- You may return to work or school when Dr. Gonzalez says it's safe.

Hygiene & Self-Care

- You may shower and wash your hair. Use gentle shampoo and be careful not to pull on staples or sutures.
- Avoid eye makeup or concealer on surgical areas until cleared by Dr. Gonzalez.

Nutrition & Hydration

- Resume your regular diet. Drink plenty of fluids to stay hydrated.
- Avoid alcoholic beverages the day of surgery and while taking prescription pain medication.

Additional Guidance

- Healing is a process-some numbness, tingling, or itching is normal and will improve with time.
- If you have any questions or need reassurance, please call us. Your comfort and peace of mind are important to us.

Thank you for letting us be part of your healing journey.