Brow Lift *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Head elevated, swelling around the forehead and eyes, scalp tenderness.

Week 1
Sutures or staples may come out. Gentle hair washing when allowed.

Weeks 2–3
Bruising fades. Many return to work.

Weeks 4–6
Scalp numbness and itching slowly ease.

Months 3–6
Final position settles. Protect incisions from the sun.

Four weeks before

- [ ] Step counter
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Backrest reading pillow
- [ ] Overbed table
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★
- [ ] Handheld shower head ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews
- [ ] Travel neck pillow
- [ ] Oversized sunglasses

Week one at home

- [ ] Cooling gel eye mask ASK SURGEON
- [ ] Non-stick gauze pads ★
- [ ] Satin scrunchies
- [ ] Dry shampoo ASK SURGEON
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★

Weeks two to six

- [ ] Silk pillowcase
- [ ] Micellar water
- [ ] Fragrance-free moisturizer
- [ ] Wide-brim sun hat

Scar season

- [ ] Mineral sunscreen SPF 30+ ★
- [ ] Color-correcting concealer ASK SURGEON

Talking with *your surgeon*

Questions many brow lift patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

How long should I keep my head elevated?

When can I wash, blow-dry and color my hair?

Will I have sutures or staples in my scalp, and when do they come out?

When can I wear makeup again?

Which medications and supplements should I stop before surgery?

When to call your surgeon

- Sudden swelling on one side of your forehead or scalp, or any change in vision
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS