



Haru Clinic

Precautions After Eyebrow Lift

It's common to experience some swelling and bruising following your eyebrow lift procedure. Please follow these precaution instructions for your best recovery:

1. Please be aware that additional swelling bruise may occur during the first 2-3 days post-procedure which typically subside after a week.
2. If needed, please apply a cold compress immediately after the procedure to reduce swelling.
3. Should you have any discomfort, please take prescribed pain killer medication as advised for the first 2-3 days.
4. Sleep flat on your back, propping your head up with pillows to elevate it for the first 3-5 days.
5. The appearance of something caught under your eyebrow typically disappears naturally within 2 weeks.
6. When washing your face, please gently cleanse your face without rubbing and dry without dragging a towel across the skin. (for 5 days)
7. You can apply makeup softly starting 24 hours after the procedure.
8. Please avoid excessive exposure to sunlight and do not use tanning beds for 2 weeks.
9. Please avoid facial massages and beauty treatments for 4 weeks.
10. Please avoid intense sports like running, for 2 weeks.
11. Please avoid saunas or hot baths for 2-3 weeks.
12. Please avoid excessive use of facial muscles for 2 weeks.
13. Frequent muscle movements can reduce the duration of procedure – regular Botox in the forehead and glabellar area can help maintain the desired effect longer.
14. For an accurate assessment of the procedure's results, it's best to wait until the bruising and swelling have subsided, which usually takes 2 weeks.

See you
at your next
visits at Haru



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