

**\*\*\*\*LEYNGOLD INSTITUTE FOR PLASTIC SURGERY\*\*\*\***

**BROW LIFT  
POSTOPERATIVE INSTRUCTIONS**

- **Avoid sleeping on or putting pressure on the incisions.**
- **Start cold compresses and continue 15 minutes on and 15 minutes off until bedtime. For the next 36 hours, continue to apply the cold compresses for 10-15 minutes every hour. After 36 hours, you should switch to warm compresses at least 4 times a day until the swelling and bruising have gone away.**
- **The swelling and bruising over your eyes will get worse the first day after surgery. It will start improving on the second day after surgery.**
- **You will have some numbness over the forehead and scalp skin going towards the top of your head. This is normal and will gradually improve over several weeks to months. It is also normal to feel small “squashy” areas and hear cracking or popping sound over the top of your head from small amount of air and fluid. This normally resolves over a couple of weeks.**
- **IF you have dressing over your forehead, you can remove it in 24 hours from the surgery.**
- **IF you have a surgical drain it will be removed during your first postoperative appointment. If the drain round squeeze bulb fills up with pinkish fluid you may empty it and place it back on the thin rubber tube. Your recovery nurse will show you how to do this.**
- **If your eye is patched, please remove your eye patch on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_, and start compresses per schedule above.**
- **Do not wear make up for 2 weeks, until the incision(s) is (are) completely healed.**
- **You may shower and wash your hair carefully in 24 hours.**
- **You may continue your daily activities in moderation.**
- **Use Bacitracin or Erythromycin ophthalmic ointment on the incision two (2) times a day for 1 week. For incisions on other areas of the face/body you may use any**

over the counter antibiotic ointment two (2) times a day for 1 week. If you had eyelid surgery it is very important to start artificial tears 1-2 drops in the operated eye at least every 2 hours while awake. At bedtime you will need to place ¼ inch of eye lubricating ointment in the operated eye(s). You should continue this regimen of artificial tears and eye lubricating ointment for at least 4 weeks after surgery

- Your vision will be blurred once the ointment gets in your eye(s).
- Some of your stitches may be dissolvable and will go away on their own. Some of your stitches may have to be removed on one of your postoperative office visits.
- The small skin staples placed over the incisions behind your hairline will be removed in 7-10 days in the office.
- Take Tylenol tablets every 4-6 hours as needed for pain. You may resume your aspirin, aspirin-containing products or blood thinners 48 hours after your surgery.
- Take the oxycodone for pain not controlled by Tylenol. Oxycodone can make you feel sleepy, confused, and increase your risk for falling. Do not use this medication without someone at home to help you. It can also make you itchy and constipated. If you begin to become itchy, you can take Benadryl (25mg) every 6 hours as needed for itchiness. Be aware that the Benadryl may make you sleepy.
- The oxycodone can make you constipated. Be sure to drink plenty of fluids while taking the oxycodone. You can also start an over-the-counter stool softener like Colace twice a day.
- Take the Zofran (Ondansetron) dissolvable tablets as needed for nausea. You may feel nauseous from the anesthesia or oxycodone and it is important that you do not throw up or dry heave.
- You may resume your aspirin, aspirin-containing products or blood thinners 48 hours after your surgery or as directed by the prescribing physician. Resume all of your other medications as directed by your other physician(s).
- Resume all of your other medications as directed by your other physician(s).
- Resume your regular diet as tolerated.
- Your first follow-up appointment in the office is on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_.

For the first few days your vision maybe mildly blurry, which is normal. Mild itching, tightness, and discomfort around the surgical site(s) are also normal. However, if you have severe vision changes after surgery, severe itching or pain with or without

enlarging amount of swelling around the surgical site(s) or any problems you wish to discuss, please call the on-call doctor after-hours at (208)900-4673.

### Additional Information

**Cold compresses**- there are many options to choose from so use the one that works best for you

**Frozen bag of peas**- apply frozen bag onto both eyes until it warms

**Cold cloth**- wet a washcloth with cool water and hold over eyes until warms- this is the least effective method as the washcloth loses warmth quickly

**Commercially available gel packs or microwavable pads specifically for the eyes**- use as instructed by the manufacturer

Regardless of the cooling method, place cold gently over both closed eyelids until it warms.

**Warm compresses**- there are many options to choose from so use the one that works best for you

**"Hot pillow"**: place 1/2 cup of dry, uncooked rice in a clean cotton sock- tie off the open end of the sock. Microwave for 30-60 seconds. Test on arm for desired heat before placing on eyelids.

**Warm cloth**- wet a washcloth with warm water and hold over eyes until cool- this is the least effective method as the washcloth loses warmth quickly

**Commercially available gel packs or microwavable pads specifically for the eyes**: use as instructed by the manufacturer

Regardless of the heating method, place heat gently over both closed eyelids until it cools.

### **Eye lubrication**

If your eyes are dry or irritated, you will be instructed to use artificial tears throughout the day and tear ointment at night. You can find these at any drug store

**Types of artificial tears- use 4-5 times per day or as otherwise instructed (if using more often, or for long period of time, use the preservative free vials)**

Systane (Balance, Ultra, Gel-- also available in preservative free vials)

Refresh (Plus, Optive advanced-- also available in preservative free vials)

Genteal tears

Blink

**Types of ointment (comes in a tube, not a bottle)- place small amount into eye at night (will make vision blurry)**

Systane Night Time

Refresh PM

Soothe PM ointment

Genteal PM (gel or ointment)

Puralube Eye Ointment