Post-Op Instructions
Blepharoplasty and Brow lift

Supplies need for suture line care:
1. Vaseline
2. Cotton Tip Applicators (Q-tips)
3. 3% Hydrogen Peroxide (Fresh)

Mix half water and half peroxide. Use this solution and cotton tip applicators (Q-tips) to clean the stitches carefully. Dry area by rolling Q-tips over the stitches and cover the area with the antibiotic ointment. DO NOT ALLOW ANY area to dry out or scab over. REPEAT this cleaning 4-5 times per day.

Immediately Upon Arriving Home:

**Head Elevation:** Lie down with your head and back elevated with two pillows. You must sleep in this position for one week.

**Ice Packs:** Place ice packs (ice in Ziploc baggies or packages of frozen peas) over cheek areas for 24 hours. DO NOT put ice on after 24 hours unless you are told to do so. Ice packs will keep swelling and bruising to a minimum. Bruising often lasts 10-14 days and sometimes longer.

**Medications:** Take pain medication ONLY IF NEEDED and with food or crackers.

**Diet:** Upon arriving home from surgery, begin with clear liquids until fully awake then begin regular food intake.

Day After Surgery:

**Moist Heat:** Ice packs are discontinued 24 hours after surgery. WAIT 12 HOURS – then you may BEGIN MOIST HEAT. Use a moist washcloth between an electric moist heating pad and your face. Do not use heat continuously e.g. on for 30 min. – off for 30 minutes.

**Activity:** Stay up as much as possible. Avoid bending over or lifting heavy objects for one week.

Make-Up: Cosmetics may be applied on the 7th day. Ask us about special cover up products for bruising.

Hair Care: You may wash your hair with soap running away from your face. DO NOT BEND OVER to wash your hair.

Diet: Eat regular meals. You will need your vitamins and minerals to help with healing. We will be glad to give you vitamin and mineral information.
Sun: Protect your facial skin from excessive sun exposure for one month after surgery.

Please Report any of the Following to our Office:

1. Excessive bleeding.
2. Itching, redness, or rash around the eyelids.
3. Temperature above 100 degrees.
4. Excessive sudden swelling or discoloration.
5. Excessive fatigue or depression.
6. Any changes in vision other than slight blurriness.

Sometimes the after effects of surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. Our number is 814-235-7700.