



## **POST-OP INSTRUCTIONS – Blepharoplasty/Browlift**

Apply ice packs to your eyes and cheeks for up to 48-72 hours (on 20 minutes, off 20 minutes). You may substitute bags of frozen peas for ice if this is easier.

Sleep with your head elevated approximately 35 degrees until the swelling resolves (usually 5-7 days). If swelling persists after this, you may continue elevating the head as much as necessary.

Clean the incisions around your eyes gently by patting them with a Q-tip soaked in peroxide, then apply Lacrilube ophthalmic ointment to keep the incisions moist. You will need to do this at least 3-4 times a day. Avoid getting the peroxide directly in the eyes. Lacrilube ointment may be purchased over the counter at any pharmacy. The cleaning and ointment should be used approximately one week or until there is no more crusting.

If incisions are in your scalp please clean as directed. Any incisions in the hairline do not need antibacterial ointment. When cleaning, you may feel the endotines which are suspending your forehead. Do not be alarmed these will dissolve in the ensuing months.

Numbness in and around the scalp is expected and will get better over the course of weeks to months. Tightness, electrical shocks and itchiness signify the nerves are returning to normal function. Browlifts often can cause headache and nausea in the first 24-48 hours, please take your pain medicine and anti-nausea medicine as directed.

Artificial tears are recommended to irrigate and clean the eyes. Please use as directed. Occasionally the upper eyelids are unable to close fully for the first 3-5 days.

Occasionally we may recommend antibiotic/steroid drops if we do incisions in the lower eyelid.

In some cases, self-dissolving sutures are used and are not necessary to remove. The cleaning and ointment will help the sutures dissolve. If non-dissolving sutures are used, a follow-up appointment will be scheduled for suture removal – usually 5 days after surgery.

We will contact you the night of surgery or early the next morning to make sure everything is going well and to answer any questions. If you have any questions or concerns following your surgery, do not hesitate to call the office at 248-322-3362 during regular hours for questions. If you require assistance after hours, please call the paging service at 313-745-0203 and enter pager 0978#. Follow the directions to enter your call back number and they will contact the physician on call and have him/her contact you.

Please avoid heavy activity and exercise for at least 3 weeks.

Avoid alcohol while you are taking pain medications and do not drive while taking any pain medication.

*The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.*

*Patient Signature:*

*Date:*

