



Blepharoplasty / Brow Lift Discharge Instructions

Surgical Dressings

- Your dressings consist of steri-strips (white Band Aids).
- If you had a brow lift performed you have xeroform (yellow sticky gauze) over the forehead incisions, ABD pads and a gauze head wrap.

Showering

- You may remove all dressings and shower / wash your hair in 48 hours.
- Allow the soap to fall over your face and gently dab dry around all incisions.
- It is ok to brush your hair after showering, but avoid the forehead incisions.

Dressings / Surgical Site Care

- The steri-strips will be removed at the time of your follow-up and are designed to get wet.
- Once the head wrap and xeroform has been removed, it is ok to leave all incisions open to air.

Eye Care

- It is absolutely critical to keep the eye lubricated during the acute healing process. To do this:
 - Use eye drops every 4-6 hours during the day, placing 1-2 drops in each eye.
 - At night use the thicker eye gel- this will keep the eyes hydrated throughout the night.
- You should have purchased an eye ice mask. Use this for 10-15 minutes every 3-4 hours throughout the day as it will help to reduce bruising and swelling.

Sleeping

- Sleep on your back for the first 10-14 days following surgery. After 2 weeks it is ok to start sleeping on your side.



- You should sleep in a recliner or in bed with a few pillows behind your back for the first 7 days following surgery. This will reduce swelling.

Driving

- Absolutely no driving while taking narcotic pain medications.
- It is ok to start driving for short distances 5-7 days following surgery (as long as not taking narcotic pain medications).

Activity

- You may be up and around your home the day of surgery as much as possible.
- It is ok to do your activities of daily living immediately following surgery (going to the bathroom, brushing your hair/teeth, lifting the tv remote etc.)
- Avoid aerobic exercises for 2-3 weeks following surgery, but you may walk for exercise starting 48 hours after surgery.
- Minimize contact with pets for at least 2 weeks following surgery as they can be a source of infection.
- Avoid sun exposure for as much as possible for 2 weeks following surgery.
- No lifting more than 10-15 pounds for 7-10 days following surgery.

Diet

- Eat as tolerated following surgery, but TAKE IT SLOW.
- It is best to start with liquids to see if they are tolerated (no nausea) before starting solid foods.

Pain Medication

Take your pain medications as directed:

1. **Tylenol (acetaminophen)**
 - Should be taken every 6-8 hours consistently for at least the first 2 weeks after surgery.
 - Maximum daily dose is 4000mg / day.
 - Tylenol helps to augment other pain medications with little to no side effects.
2. **Oxycodone (or other narcotic)**



- Tends to make people sleepy and should be taken at night before you go to bed to keep your pain under control while you sleep. It may also be taken throughout the day as needed.
- This should be the first medication to be weaned off as it can cause many side effects, most notably constipation.

3. Ibuprofen (NSAID)

- Anti-Inflammatory medication that should be started no sooner than 48 hours after surgery unless approved by Dr. Gougoutas.
- After 48 hours, post-surgical pain becomes mostly inflammatory in nature and anti-inflammatory drugs tend to work better than narcotics in most cases.
- Maximal dosage is 600-800mg every 8 hours.

4. Meloxicam (NSAID)

- If you were prescribed meloxicam this should be taken once a day starting the morning after surgery, generally for 1 week.
- Meloxicam is also an NSAID and SHOULD NOT be taken with Ibuprofen.

What to Expect After Surgery:

- You will be sore, and in some pain following surgery.
- Your pain should be manageable with the pain medications provided- only take these medications as prescribed.
- Inflammation / swelling / bruising typically peaks 36-48 hours following surgery, and thus pain can increase for up to 3 days following surgery, after which time it should start to gradually subside every day.
- Swelling, tightness and numbness are normal sensations for several weeks, at least, after surgery. This will subside with time as you heal.
- It is possible your eyes may swell shut 2-3 days following surgery, but strict adherence to the above activity restrictions should minimize the risk of this.
- You may feel more tired and emotional for the first 7-10 days following surgery. This is a normal response to surgery and is not a cause for concern.
- Some minor bleeding may occur through the incisions for the first 24-36 hours after surgery. This is normal and will subside on its own.

What To Look For

- Blurry vision for the first 24 hours after surgery is normal. If this persists beyond 24-36 hours, please let the clinic know.
- While there will be some pain around the incisions, eye pain itself is not normal and should prompt a phone call for evaluation.



1. Check for infection

- Infection very rarely develops before 7-10 days post-operatively.
- Get in the habit of looking at your incisions daily in the mirror to evaluate for infection.
- A low-grade fever ($<101.5^{\circ}\text{F}$) is very common after surgery and is not a cause for concern. Fevers greater than 101.5°F warrant a phone call / MyChart message for possible evaluation.
- Increasing redness around the incision sites also warrant a phone call / MyChart message for possible evaluation.
- Feeling suddenly worse after a steady improvement in your post-operative course also warrants a phone call / MyChart message for possible evaluation.
- Drainage from an incision more than 3-4 days after surgery warrants a phone call / MyChart message for possible evaluation.

Anesthesia Discharge Instructions

The medications used during your surgery will linger in your system for at least 24 hours. Therefore, during this time:

- **DO NOT** drive a car, operate machinery, or power tools
- **DO NOT** drink alcohol, take tranquilizers, or sleeping pills
- **DO NOT** make legally binding decisions

A responsible adult should transport you (or accompany you in ride share / taxi) to your recovery location (*home, a friend's house, hotel etc.*) and **remain with you** for the first 24 hours.

If you are from out of town and staying at a nearby hotel, you **MUST** use a vehicle to transport you to your hotel regardless of distance. You may not walk.

Post-Surgery RN Call

A nurse from the surgery center will call you the following business day to see how you are progressing. If you have problems or concerns, please call our office at any time (206) 860-5582. **If you have an urgent issue, please do not use MyChart messaging, as this is not monitored outside of our regular business hours.**

What to Do If the Office Is Closed

Prior to calling, please refer to your discharge instructions



If your question cannot be answered in your discharge instructions, or cannot wait until our office is open, please call (206) 860-5582. You will reach an operator who will page Dr. Gougoutas.

In case of a medical emergency – call 911 immediately