



PATIENT INSTRUCTIONS FOLLOWING BROWLIFT OR BLEPHAROPLASTY

- Sleep on your back or side with head elevated on two to three pillows.
- Pain should be mild to moderate and resolves over the next 3-4 days. Use the pain medication given and slowly wean off of them as your pain lightens.
- You MAY have a compression dressing for 48 hours after surgery, if you had a browlift. After 48 hours all dressing around your head can be removed and you can start to put bacitracin on your scalp incisions. The sutures/staples will be removed at your 1 week post-operative appointment.
- Use cold compresses (crushed ice in a glove or bag or frozen peas/corn) over your eyes for 20-30 minutes per hour for the first 48 hours. This will minimize the swelling and bruising.
- Do not take aspirin or aspirin-containing pain medications. TYLENOL, DARVOCET N-100 or other mild pain relievers prescribed are safe, if needed.
- Your eyes may become fatigued after prolonged reading or watching television. We recommend that you limit periods of use to one hour or less for the first 2-3 days after surgery.
- Apply the ointment provided to the incision twice a day. Use sparingly, placing only a tiny amount on the incision lines. As the ointment warms up to body temperature it will thin. Only use the Ophthalmic ointment that has been given to you. If you have crusting you may need to use a small amount of hydrogen peroxide on a cotton tip applicator and gently remove the crusting. If you have been prescribed eye drops, use them as directed to keep your eyes moist. It is normal to have a small gap between the upper and lower eyelids after surgery for a short time.
- Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.
- Do not use mascara, eye liner, or eye shadow until approved by us (usually 10-14 days) Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
- Any apparent redness of the whites of the eyeball is only a form of bruising, and will subside during the early healing process.



- Do not engage in vigorous exercise or sports for at least 2-3 weeks or until approved by your doctor.
- You may bathe or shower the day after surgery, but do not get your eyes wet.
- If you experience oozing or bleeding along the suture line, do not rub the area. Apply gentle pressure and blot the eye with a sterile gauze, holding slight pressure in this area. Remove the compress and then apply ice. This will usually stop any leakage, but if it is excessive, please notify the doctor.
- Stitches are removed at different times after surgery depending upon the extent of surgery carried out, type of stitches, and the type and quality of your skin. We will advise you accordingly.
- It is not uncommon to feel slight itching and tightness of the eyelids during the early healing period.
- If your temperature after the operation or before each dose of pain medicine is above 101.5, notify the ENT doctor or nurse.
- Reasons to go to the Emergency room
 - Sharp or dull pain which persists around eyes
 - Sudden swelling around the eyes
 - Decrease of vision
 - Swelling or increased warmth of the forehead
- Call the Texas Center at 210-468-5426 if you have questions during duty hours.