

# *Facial Surgery Center*

## **BLEPHAROPLASTY and BROWLIFT POST-OP INSTRUCTIONS**

**SUTURE LINE CARE: Supplies needed:** Polysporin Ointment  
Cotton Tip Applicators 3%  
Hydrogen Peroxide(fresh)

Mix half water and half peroxide. Use this solution and Q- Tips to clean the stitches carefully. Dry area by rolling Q- Tips over the stitches and cover the area with the Polysporin 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:** Keep your head and back elevated when you lie down with two pillows. You must sleep in this elevated position for one week.

**ICE PACKS:** Place ice packs over eyes for 24 hours. **DO NOT USE ICE** after 24 hours. Crushed ice in zip lock bags or packages of frozen peas can be used, covered with a paper towel.

**SWELLING&BRUISING:** Ice packs will keep swelling and bruising to a minimum. Bruising often lasts 5 to,10 days.

**MEDICATION:** 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:** Discontinue using the ice packs after 24 hours. **WAIT 12 HOURS-THEN BEGIN MOIST HEAT.** Use a moist wash cloth over your eyes and an electric moist heating pad over the wash cloth. Do not use heat continuously-have it on for 30 minutes and off for 30 minutes at a time.

**ACTIVITY:** Avoid any bending at the waist or lifting heavy objects for one week. Keep your head elevated. **MAKE-UP:** Cover-up make-up may be applied on the 6<sup>th</sup> day. We can recommend concealing make-up products on that follow-up appointment.

**HAIR CARE:** You may shower and wash your hair while being careful to keep the water and soap from running in your face. **DO NOT BEND OVER** to wash your hair.

**DIET:** You can begin eating regular meals. Keep nutrition in mind as this will help with healing. We will be glad to supply you with Vitamin and Mineral information.

**SUN:** Protect your face from excessive sun-exposure for one month following surgery. This includes no tanning beds.

### **PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE**

1. Excessive bleeding, swelling or unusual discoloration
2. Itching, redness, or rash around the eyelids.
3. Temperature above 100 degrees
4. Excessive fatigue or depression