

Browlift/Blepharoplasty Post-op Instructions

Activities:

- You may remove the head wrap after 24 hours
- Ok to shower after removing headwrap. Avoid manipulating incision site
- Ice around the forehead and eyes (20 min on/ 20 min off) for the first 72 hours
- Apply small amount of antibiotic ointment that was prescribed to both forehead and upper lid incision at least twice a day (can apply more frequently if it appears dry)
- Avoid any bending or strenuous activities for the first week
- Keep head elevated on two pillows when sleeping for the first week.
- Use liberal amounts of lubricating eye drops as needed

Diet

- You may eat normal diet
- Drink plenty of clear fluids during your recovery.

Medication

- Take Tylenol for pain relief every four to six hours as needed.
- Avoid taking NSAIDS (Motrin, Advil, Ibuprofen, Aleve) or aspirin products as this may lead to bleeding and bruising.
- Take prescribed pain medication (hydrocodone) as needed
- Take the prescribed antibiotic.

Other Information

- You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain (especially on one side), eye pain or vision changes, sudden excessive swelling, high fevers (>101.5) call the office immediately. The office number is 410-821-5151.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) if you have any questions. You may also reach Dr. Hahn via email: samhahn@mdfacialplasticsurgery.com