

## **Blepharoplasty/Brow Lift Post-Operative Instructions**

*If you are in need of immediate assistance after hours, please go to the nearest emergency room. For general questions or need assistance that cannot wait until the next business day, you may call the answering service and they will get in contact with Dr. Rodrigues.*

1. Please fill and pick up prescriptions and follow directions as prescribed by Dr. Rodrigues.
2. First post-operative appointments are usually done between 5-7 days. Please call our office to make an appointment.
3. Saline eye bandages should be applied and changed every 4-hour's, except during the middle of the night. Ice can be placed over the gauze for the first 48 hours intermittently.
4. Please keep head elevated for at least 48 hours post-operatively to reduce swelling and bleeding. The level of the head should be at least two pillow heights above body level. Continue sleeping on your back for at least ten days and keep your head elevated. Avoid keeping your head down for long periods of time. The force of gravity tends to increase swelling. When bending down, always bend at the knees.
5. Showers are permitted after the first 48 hours. Shampoo in the shower with your head back, never forward. Hair may be blow-dried, but avoid hot professional dryers.
6. Watch for any active bleeding, extensive bruising, or abnormal swelling or pain, particularly if one eye becomes much more swollen, discolored, or painful on one side versus the other. Small differences in swelling and pain are commonly seen in one eye versus the other.
7. Smoking causes wound healing problems. It can cause significant breakdown of the incisions and also loss of skin. It is required for your own postoperative recovery that you do not smoke for two weeks following the surgery.
8. DO NOT hold animals or allow animals to sleep with you for two weeks following surgery.
9. No exercising, lifting, heavy exertion, heavy housework etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling.
10. Eye make-up can be applied ten days after surgery, if all small crusts are off the scars. Remove eye make-up with oiled pads or a light cold cream. Light moisturizers may be applied when make-up is used, but avoid heavy creams, especially overnight.

*Please Note: These instructions are to be followed as a general guideline. Dr. Rodrigues will discuss with you the exact instructions he wishes you to follow after your individual surgery. If you have any questions, concerns, or need clarification of instructions, please feel free to call our office.*