

CAREOS

Discharge Instructions - Endoscopic Brow & Forehead Lift Date: _____

- Dr. Sean Blaydon Dr. Tanuj Nakra Dr. Vikram Durairaj Dr. Emily Bratton Dr. Marie Somogyi
 Dr. Natalie Homer Dr. Aliza Epstein

Office (512) 458-2141 (M-F 7:30 am-5 pm)
After hours & weekends (512) 533-7355

CALL IMMEDIATELY FOR THESE PROBLEMS:

- Severe pain.
- Eyelid or forehead swelling, bruising, or bleeding that is increasing to the point you cannot open your eye(s).
- Dimming or loss of vision that does not clear with blinking and not caused by ointment.
- Any evidence of infection, such as purulent or greenish discharge from your incisions, or fever > 101° F

NORMAL EXPECTATIONS

- There is usually temporary numbness in the forehead and scalp that can last a few weeks to months after surgery.
- You may have some temporary oozing of blood from the incision sites overnight.
- Expect a certain degree of swelling and bruising in the forehead, eyelids, and temples. You may develop a black eye. Bruising is usually more visible 1-2 days following surgery, and may move into the cheeks.

COLD COMPRESSES

- Apply cold to forehead and eyelids for _____ days after surgery about 20 minutes of each hour till bedtime. Place dry cloth over forehead and eyelids, then crushed ice or frozen peas in a clean quart size Ziploc bag.

MEDICATIONS

- Prescription eye drops** (e.g., TobraDex) – apply 1 drop to Right Left eye(s) 4 times a day for _____ days.
- Apply **prescription eye ointment** sparingly:
 On the stitches _____ times daily for 7 days. In the eye(s) at bedtime or whenever irritated for 7 days.
 Do NOT apply ointment to staples.
- Regular or Extra-Strength Tylenol for mild pain. Prescription pain medication for moderate pain. Take with food.
- You were given pain medication in the surgery center. **Next dose of pain medication can be taken at _____.**
- DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on _____.**
- Other medications:
 Medrol dose pack (steroid) – take with food and as directed on pack, starting _____.
 Oral antibiotic: if prescribed, first dose is _____. Take with food to avoid nausea.
 Ondansetron as needed for nausea. Next dose: _____

ACTIVITY

- Rest as much as possible after surgery. Sleep with head slightly elevated for first 2 nights.
- Avoid bending or any heavy lifting over 20 lbs. for 7 days. You may resume aerobic activity in 7 days.
- You may return to work/school in _____ days.
- Do NOT drive** while vision is impaired or while taking prescription pain medication.

HYGIENE

- You may shower and shampoo hair** 24 hours 48 hours after surgery.
Be careful washing and combing your hair to avoid pulling on skin staples.
- No eye make-up or concealer to surgical areas until approved by your surgeon.
- Do not wear contact lenses for 7 days.

DIET

- Resume regular diet. No alcoholic beverages the day of surgery or while taking prescription pain medication.
- Drink adequate fluids to stay well hydrated in the days after surgery.**

OTHER _____

FOLLOW UP APPOINTMENT _____ days. PLEASE CALL 512-458-2141 FOR APPOINTMENT

I have received and understand these instructions. _____
Patient / Representative Reviewed by

If you have any questions **immediately** after surgery call CAREOS M-F 7am-4pm (512) 458-4391.

Revised 6/19