

## Discharge Instructions - Brow & Forehead Lift

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### 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 \_\_\_\_\_

If you have questions immediately after surgery, call Dr. \_\_\_\_\_ Mon-Fri 8am-5pm at 512-458-2141