

**BROWLIFT/BLEPHAROPLASTY  
POST OPERATIVE INSTRUCTIONS**

Please read and familiarize yourself with these instructions both BEFORE and AFTER your blepharoplasty. By following them carefully you will assist in obtaining the best result from your surgery. If questions arise, do not hesitate to communicate with our office and discuss your questions at any time.

For 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **USE ICE COMPRESSES LIBERALLY.** Take only medication prescribed by your doctor (s).

Avoid lifting or bending, swimming and flying for two weeks following procedure.

Bacitracin should be applied to incisions until first post operative appointment.

You may wash your face; carefully avoid the dressing. Take tub baths until the dressings are removed then cleanse all areas gently. Make-up may be used at this time.

Contact lenses may be worn within 2-3 days after surgery.

Approximately 48 hours after the procedure a turban like dressing may be removed ( **BROWLIFT ONLY**). This can be done at home by the patient or with an appointment at the office. Once the turban has been removed patient may wash hair. Blow drying is permissible if done without a brush for 2 weeks.

Do not squeeze or pluck eyebrows for 2 weeks.

Absolutely avoid direct sun or sun lamps for 6 weeks after surgery. Heat may cause the eyes or face to swell. Always wear a hat and use sunscreen to reduce chances of sunburn.

Approximately 6 weeks following surgery you will have an opportunity for a complimentary make-over during which post operative photographs are taken.

Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, T-shirts, and turtlenecks.

Do not be concerned if following removal of dressing, the face, cheeks or eyes show some swelling and discoloration – this usually clears in 2-3 weeks.