

HEARTLAND PLASTIC —| & HAND SURGERY |—

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INSTRUCTIONS FOLLOWING YOUR UPPER BLEPHAROPLASTY/BROW LIFT

1. **ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE**
2. You will experience some swelling, a feeling of tightness, and possibly some bruising. Expect this to increase for the first several days after surgery. Use cold compresses at home for the first 2-4 days 15 minutes on and 15 minutes off always protecting the skin from direct contact with the compress/ice. This will help reduce the swelling which can be dramatic, especially if icing is not performed.
3. You may experience some pain for the first several days after surgery. Do not hesitate to take the pain medicine as prescribed. Do NOT take pain medication on an empty stomach. It may make you drowsy. Do not drive or operate machinery while taking prescription pain medication.
4. Do not take any aspirin or anti-inflammatory medicine for three weeks after surgery unless cleared in clinic postoperatively.
5. When resting or sleeping elevate your head on two to three pillows or use a reclining chair as upright as possible/comfortable.
6. _____ hours after surgery you may take a lukewarm shower. Wash the face and incision lines gently. You may also wash your hair. Thereafter continue lukewarm showering twice daily.
7. DO NOT use hot rollers or sit under a hair dryer. Use a hand blower on the cool setting only.
8. You will feel tired. This is a common side effect from the anesthesia and the surgery. It may be several weeks before your energy level returns to normal. Get up and take short walks in your home every few hours during the day while recovering at home.
9. You should NOT do any heavy lifting, high reaching, vacuuming, strenuous activity, or exercise for 3-6 weeks after surgery. AVOID bending over at the waist. Avoid being outside during very hot or cold weather. Avoid unnecessary car trips and errands. Your first car trip after surgery should be to your postoperative appointment.
10. DO NOT USE NICOTINE PRODUCTS, AND DO NOT EXPOSE YOURSELF TO SECONDHAND SMOKE FOR ONE MONTH AFTER SURGERY. THIS IS EXTREMELY IMPORTANT FOR WOUND HEALING.
11. If your temperature goes above 100.5 F or you notice any excessive redness or swelling of the incision lines or separation of the suture lines please call the office at 573-334-4263.
12. Additional instructions: _____