

THOMAS S. COPPERMAN, MD

Eye Associates Northwest Surgery Center
1455 NW Leary Way, Suite 300, Seattle, WA 98107

EMERGENCY NUMBER 206-215-2020, 24 HOURS

DISCHARGE INSTRUCTIONS FOR BROW LIFT SURGERY

Diet: Begin with a light diet progress as tolerated. Drink plenty of fluids.

24 hours after surgery: Do not drive a car or operate hazardous machinery, do not make important decisions, do not drink alcoholic beverages, and do not take any sedatives unless specifically prescribed by your surgeon.

Activity: You may resume regular activity 1 week after your surgery. Avoid swimming for 2 weeks. You may return to work as directed by your surgeon. Additional details will be provided at your post-operative visits.

Showering: It is ok to shower the remainder of your body the day after surgery. It is ok to wash your face with a wash cloth. Keep your bandage dry and avoid washing your hair until the bandage is removed.

Wound Care/ Dressing:

- The bandage will be removed at your follow up visit.
- Superficial stitches and / or staples will be removed at your follow up appointment with your doctor. Some stitches may be dissolvable and do not require removal.

Ice Compresses: No need to ice your hairline incisions as they will be covered with a bandage. It is ok to ice your eyelids for comfort or if you had additional surgery on your eyelids. You can ice 15min of the hour, 4x day. Avoid direct contact of ice on skin.

Medications:

- ☐ Bacitracin antibiotic ointment – start once bandage has been removed
Wash your hands. Apply 4 times per day directly to incision site. Apply ointment using the tube, Q-tip, or finger tips. This ointment is for the brow incision only, do not use in or around eyelids.
- ☐ Medrol Dose Pack – take as prescribed. Instructions on the package insert.
- ☐ Other: _____

Other Medications: You may resume your regularly prescribed medications. If you take a prescribed blood thinner such as Coumadin or Plavix, you should resume this medication the day after surgery.

Use Tylenol or _____ every 6 hours for discomfort. Do **NOT** take aspirin, ibuprofen, Aleve, or any other NSAIDS for 3 days after surgery.

If you have any unusual bleeding, swelling, or uncontrolled pain, during office hours call 206-215-2020.

Your follow up appointment is scheduled for: _____

- ☐ 1455 NW Leary Way #300 Seattle, WA 98107
- ☐ 1101 Madison St #600 Seattle, WA 98104

In case of emergency, contact your physician immediately, call 911 or go to the nearest emergency room.