**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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