**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.

**Wound Care/ Dressing:**

* Remove your head bandage at lunch time the day after your surgery
* Begin applying the bacitracin ointment (see below)
* Staples will be removed at your follow up appointment

**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 eyes.

□ 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 1 week after surgery.

**Ice Compresses:** No need to ice your hairline incisions. It is ok to ice your eyelids for comfort. You may experience some bruising and swelling around your eyes with eyebrow surgery. You can ice 15min of the hour, at 4x per day

**Activity:** You may resume regular activity after your first post operative visit. Avoid swimming for 2 weeks. You may return to work as directed by your surgeon.

**Showering:** Refrain from showering the day of surgery**.** It is ok to shower the day after surgery after you remove your bandage. Apply bacitracin ointment after showers. You cannot overuse the ointment. It is OK to rub and scrub the brow incision site to keep it clean.

**Questions:** Please call 206-215-2020 and ask for a message to be sent to Dr. Copperman’s team.Please do not contact surgery schedulers for surgery aftercare questions

**If you experience excessive bleeding or pain - call and ask to be connected to the on-call physician.**

Your follow up appointment is scheduled for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1455 NW Leary Way #300 Seattle, WA 98107 1101 Madison St #600 Seattle, WA 98104
* 11919 NE 128th ST #A Kirkland, WA 98034