

**POST-OPERATIVE INSTRUCTIONS FOR  
BROW/FOREHEAD AND/OR EYELID SURGERY)**

Please review these instructions BEFORE surgery. These are for patients having surgery under local or general anesthesia. Obviously, more extensive procedures require more care and recovery time. Remember that everyone heals in a different manner and your individual progress will differ from that of others.

**BEFORE SURGERY:**

- Carefully review the enclosed instructions regarding medications, supplements and herbal products. **No aspirin, motrin, Advil, ibuprofen, Excedrin, Alka-Seltzer for 2 weeks before and after surgery.** Use Tylenol only.
- Arrange to have someone pick you up. Inasmuch as it is impossible to predict the exact time of discharge, please bring their name and phone number (preferably cell number).
- You may want to stop at a pharmacy on the way home, so you may want your insurance and/or charge card
- It is preferable to have an adult in the house with you for the first day or two after surgery
- Organize your post-op schedule to eliminate any strenuous activity, especially picking up heavy objects (children, groceries etc.)
- If you do not have pre- and post-op visits scheduled, please call the office to schedule
- You may want to purchase: cotton swabs, Bacitracin Ointment, 2x2 gauze squares, several large packages of frozen peas and/or ice packs
- The night before your surgery eat lightly, go to bed early, and do not have anything to eat or drink after midnight if you are having your procedure under general anesthesia
- Please do not wear makeup on the day of surgery
- Please wear a button up shirt (no pullover shirts or sweaters)

**AFTER SURGERY:**

- Expect temporary swelling and bruising; this peaks about 48 hours after surgery and then subsides over the next 8 to 10 days. There may also be tightness of your eyelids, bruising, dryness, burning, itching, and difficulty closing your eyes

- Rest quietly in bed with your head elevated at 45 degrees on 2 or more pillows
- Do not rest or sleep on your side for 2 weeks; do not sleep face-down for one month
- Begin with a light, preferably liquid diet, especially if you had general anesthesia; drink plenty of fluids; avoid food that requires a lot of chewing
- Do not smoke or drink alcohol until cleared by your doctor (~2 weeks)
- Keep ice compresses - gauze pads filled with crushed ice or dipped in ice water and wrung out, or small bags of frozen peas – on the eye area for the **first 48 hours**, and then as much as possible – in 15-20 minute intervals - until your post-op visit
- Keep your head above your heart, if you have to pick up something, bend at the knees
- Pain medication may be prescribed at discharge, take only as instructed. After that, you may use Tylenol™ for minor discomfort; do not take any aspirin products
- You may be given an antibiotic ointment, either **Bacitracin or Erythromycin Ophthalmic**, to apply 3 to 4 times a day to each incision

#### **SUBSEQUENT CARE:**

- After 5 days, you may shampoo your hair with assistance
- Dissolvable stitches usually disappear within a week; staples/stitches are usually removed within 5 to 10 days
- For the first few weeks you may experience excessive tearing, sensitivity to light, and tightness
- Avoid contact lenses for the first 3 weeks
- Avoid bright sunshine and wear dark glasses and wide-brimmed hats outdoors
- Do not wear eye makeup until cleared by your doctor
- Do not color or dye your hair for three weeks
- Do not resume exercising until cleared by your doctor, usually after 3 – 4 weeks

#### **CALL THE OFFICE IF YOU EXPERIENCE:**

- Rapid swelling
- Severe pain not relieved by medication
- An oral temperature over 100.4
- A change in vision
- Yellow drainage or a foul odor from the incisions
- Adverse side-effects to medications, such as nausea, rash, headache, vomiting
- If you have any questions or there is an **emergency**, please call (781)337-5665. If there is no answer, call **(617) 774-1717** and ask for Dr. Lazor or the doctor on call to be paged.