

NADIA BLANCHET, M.D.

(804) 320-8545

DISCHARGE INSTRUCTIONS FOR BROWLIFT

- You may have a head dressing which Dr. Blanchet will remove at the first post-operative visit in a few days. If this falls off unintentionally before then, it does not need to be replaced.
- After this procedure, because the eyelid skin is more thin and stretchy than brow skin, you may have more upper eyelid swelling than you do brow swelling, and you may have some eyelid bruising as well. This is normal even though you may not have had a procedure done to your eyelids. The swelling will last one to two weeks in general.
- You will notice that your eyes are more swollen in the morning and you look better as the day progresses.
- No particular wound care is necessary for your brow incisions. If you had sutures that are visible over the incision, they will be removed within the week. Otherwise you may have sutures buried under the incision. These will dissolve.
- You may shower and wash your hair 48 hours after the surgery.
- Please try to keep your head elevated at night and during the day for the first week. Try not to do any heavy lifting, stooping, bending over or anything that will increase the circulation to your head for a week or two as that would cause more swelling.
- Please do not take your medications on an empty stomach as this could cause nausea.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet or on the website for two weeks after your surgery as this will increase your risk of bruising and poor healing.
- You may drive when you are no longer taking pain medication and feel comfortable to do so.
- Please do not apply any creams or lotions to incisions until cleared by Dr. Blanchet.

- The use of over-the-counter laxatives or stool softeners (Colace) is recommended post-op while taking prescription pain medicines.
- Smoking dramatically increases your risk of infection, poor healing and bad scarring. **Please refrain from smoking for at least one month post-op or until you are completely healed.**

PLEASE FEEL COMFORTABLE TO CALL DR. BLANCHET'S OFFICE IF YOU HAVE CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS, YOU CAN REACH DR. BLANCHET BY CALLING 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**