

NADIA P. BLANCHET, MD

PLASTIC & RECONSTRUCTIVE SURGERY

DISCHARGE INSTRUCTIONS AFTER A 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.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.
- Please have over the counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- After this procedure, because the eyelid skin is thinner and more stretchy than brow skin, you may have more upper eyelid swelling than you do brow swelling as well as some eyelid bruising. 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 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, stopping bending over or anything that will increase the circulation to your head for a week or two as that will cause more swelling.
- Please do not take your medications on an empty stomach as this could cause nausea.

- Please avoid aspirin 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.
- The best way for you to heal faster and feel better sooner is to walk every day as soon as you can. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner.
- **Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking or using any other tobacco products such as vaping and nicotine replacements for a least one-month post-op or until you are completely healed.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENVY, PLEASE CALL 911.

PATIENT SIGNATURE

DATE

