



Post-Operative Instructions
Blepharoplasty with/without Brow Lift

1. **Pain/Bleeding** – Pain and bleeding is variable. Do not perform any exercise, as this will increase the pain as well as bleeding. **Elevation of the head** is an important activity to decreasing post-operative swelling. **DO NOT take Aspirin, Aspirin containing products, Ibuprofen, Advil®, Motrin®, Vitamin E or Gingko** for **2 weeks** after surgery. Do not plan any projects during the first week post-operatively. Take pain medications as prescribed with at least some food in your stomach – remember, the first night will likely bring some nausea from the general anesthetic, therefore no large meals.
2. **Rest** – as above; no exercise or excessive bending or lifting as this will increase pain, swelling, and bleeding.
3. **Swelling** – The morning after surgery will probably have the greatest swelling in the eyelids. This may be minimized with the application of ice or a moist cloth over the eyelids **starting when you arrive home** from the surgery center or hospital. The ice should be changed every ½ - 1 hour if possible. **Elevation of the head** is an important activity to decrease post-operative pain and swelling.
4. **Dressings** – Brow lift dressings will be changed the following day in the clinic. If the dressing becomes loose overnight, reinforce it if possible with tape. If this is not possible, **call Dr. Jungkeit at the phone number below**. This is very important, as a poorly fitting dressing may lead to a hematoma (collection of blood) under the skin, which must be evacuated.

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