

GUELPH | FACIAL PLASTICS

- Transconjunctival Lower Lid Blepharoplasty -

- There will be a white gauze piece secured with a stitch under each eye, these require no care, leave them in place and avoid getting them wet
- It is normal for the eye to drain bloody tears for the first few days after surgery
- Ice and head elevation help minimize bruising and swelling
- Rinse your eyes with natural tears regularly and whenever they feel irritated
- Use the medicated eye drops as prescribed

- Upper or Lower Eyelid Skin Pinch Blepharoplasty -

- Incisions were made in the crease of your upper eyelid, and/or below your lash line on the lower eyelid
- Clean the sutures along your incision lines with a 50:50 mix of peroxide and water on a Q-tip, then apply a thin layer of Polysporin
- Rinse your eyes with natural tears for irritation or dryness
- Ice and head elevation help minimize bruising and swelling

- Brow Lift -

- Incisions were made in the hair-bearing skin of your scalp or just in front of your hairline
- Sutures have been placed to close the skin. If they are inside your hair bearing skin, these will dissolve and require the usual care with peroxide and Polysporin.
It is normal for this incision to not lay flat in the first few weeks of healing, this will naturally resolve with time.
- If there are sutures in front of the hairline, also clean any scabbing off them twice a day with peroxide followed by Polysporin. These sutures will be removed at your one week follow up.
- It is normal for the brow to feel tight
- Expect bruises to form under the eyes up to 4 days after surgery
- Ice and head elevation help minimize bruising and swelling

FOR YOUR COMFORT

- Gently apply ice packs to all treatment areas. Ice is recommended for 20 minutes of every hour while awake for the first 3 days. Ice will help with swelling, bruising, and comfort
- A clean and damp washcloth put in the fridge or freezer makes for a gentle ice pack around the eyes
- Keep your head elevated. Sleeping propped up on pillows for the first few days will also help to minimize swelling
- Switch from the prescribed pain medication to regular Tylenol or Advil as soon as you are able to, this will prevent nausea, it is safe to use Tylenol and Advil at the same time
- Nurse Jocelyn will laser any bruises at your 1 week appointment to help them fade sooner
- Please reach out to our office if you have any questions or concerns

MEDICATIONS

- Take your oral antibiotic, and any eyedrops, as directed until the prescription is finished
- Use Tylenol (acetaminophen) 500mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. You may use both at the same time
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin for 2 weeks after surgery to avoid bleeding

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SHOWERING

- Do not submerge any incisions under water. Splashing of water from showering is ok.
- You may carefully rinse your hair with warm water the day after surgery. Use caution around any incision lines that are on or near your scalp. Avoid using shampoo and soaking incisions for 3 days after surgery.

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

AFTER SURGERY

- Avoid strenuous exercise for 2 weeks following surgery, this will decrease risk for bleeding/hematoma. Walks are permitted whenever you feel comfortable doing so
- Some bleeding is expected from the incision lines, this is normal for up to a week after surgery. Ice and head elevation will help with the bleeding
- Nausea is common after a general anesthetic. Use Gravol as needed
- Avoid harsh products around your incisions for a minimum of 4 weeks, this includes hair dye

ACTIVITY

- Medications you were given during your surgery will be acting in your body for 24-48 hours. **Do not drive, operate machinery, drink alcohol or make important decisions in the first 2 days following surgery. Someone must stay with you overnight**
- AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for a minimum of 14 days after surgery
- You may return to work 1 week after surgery, longer if your job requires manual labor

When to seek medical help

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone, if you have any of the following or any concern of an urgent nature:

- A brisk swelling that grows larger by the minute and is tense and firm is NOT normal. This may represent bleeding under the skin. Immediately call our office if this occurs during office hours or go to the Emergency Room and call Dr. Braces cellphone if this occurs after hours
- You have an ongoing fever above 38.5°C (101.3F)
- Pus coming from your incisions
- Increasing redness, pain, and warmth coming from your incisions
- You have difficulty breathing or chest pain
- You have heavy bleeding that does not stop
- You have nausea and vomiting lasting more than 2 days
- You develop a progressive headache WITH fever, vomiting and neck stiffness

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.