

**Dr. Trevor M. Brooks MD, FRCSC
Plastic, Hand & Cosmetic Surgery**

2- 1335 Trans Canada Way SE, Medicine Hat, AB, T1B 1J1
Tel: 403-487-0460 Fax: 403-487-0462
www.drtrevorbrooks.ca
E-mail: info@drtrevorbrooks.ca

Call our office or go to a Walk in Clinic if you have:

- Fever over 37 degrees
- Yellow, green or foul-smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc.)

Upper Blepharoplasty (Eyelid Lift) Post Operative Care Instructions

Dressing/Bandages:

The steri-strips applied in the operating room should remain on and intact for 7 days following surgery. You may shower during this time and let the water run over the incisions. Pat dry, with no aggressive rubbing.

Let the Steri-strips fall off on their own.

You may protect the incision with a very light layer of Polysporin, but be sure to keep it out of your eyes as it can cause irritation.

Do not submerge the area in water for 3 weeks (no baths, hot-tubs, pools, ocean/lake water).

Your sutures are not dissolvable. They will need to be removed by Dr. Brooks at his office exactly 7 days after surgery.

Medication:

Take your regular medications as prescribed (unless Dr. Brooks has specifically instructed you otherwise).

For pain take Acetaminophen (TYLENOL) unless Dr. Brooks has instructed you otherwise. AVOID ADVIL (ibuprofen) and inflammatory meds (Alleve) for the first 4 days.

If you are prescribed an antibiotic, make sure to finish the entire prescription.

Return to Work:

Most patients are able to return to work within 1-2 weeks after the surgery; however, there is usually a significant amount of bruising around the eyes. Many patients who work with the public take more time off until the bruising has lessened. If you require a work note, please inform Dr. Brooks or his office staff.

Activity:

Swelling is normal – elevate your head on a pillow to minimize swelling. Keep your head elevated with pillows while sleeping, or sleep in a “Lazy-boy” reclining chair.

Apply an ice-pack as needed to the area of your forehead just between your eyes off and on for the first 3-4 days. Do not use heat.

Do not use exercise equipment until Dr. Brooks has given you the go ahead.

You may begin scar massage after 2-3 weeks (if no open areas to the incision). Use some pressure & cream (Vit A, Vit E or Aloe are all excellent choices), but be sure to keep it out of your eyes as they can cause irritation.

A high quality Vitamin & silicone scar gel is available at Dr. Brooks’s office, but there are many available at most pharmacies over the counter.

Diet:

Resume your regular diet. Drink plenty of fluids, but stay away from alcoholic drinks for 1 week and limit caffeinated drinks for 1 week.

Avoid Smoking for 3 months before & after surgery for better wound healing. Nicotine constricts blood vessels.

Sunshine:

It is recommended that you wear a hat and sunglasses while your incisions heal.

After 3 weeks if your surgical site is to be exposed to sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent the scar from changing to a darker colour.

Your Follow Up Appointment: Exactly 1 week after your surgery Dr. Brooks will want to see you again for your suture removal appointment. To ensure you get in please call promptly after your surgery to set up the appointment 403-487-0460