

ENDOSCOPIC FOREHEAD AND EYEBROW ELEVATION - POSTOPERATIVE INSTRUCTIONS

FIRST DAY AFTER SURGERY:

- If you have forehead bandages, leave them in place.
- Take 2 Tylenol tablets every 4 hours for pain until bedtime. If this does not relieve the pain then take the prescribed pain medication instead, 2 tablets every 3-4 hours as needed for pain. Do not exceed 4 gm of Tylenol per day.
- Place gentle ice compresses over your eyelids for 20 minutes out of every hour until bedtime tonight.
- Place a small amount of prescribed antibiotic ointment in your eyes at bedtime and on incisions twice a day for the first week. Place a small amount of prescribed antibiotic ointment in your eyes as needed if they feel dry.
- Sleep with your head slightly elevated and do not lower your head below your waist.
- Avoid strenuous activity and heavy lifting.
- If you experience severe pain, nausea, vision loss, or significant bleeding, please call the Department of Eye Services at (916) 614-4015, or after 5:00 p.m. or weekends, call Medical Advice. In Sacramento, call (916) 973-5100 or Roseville, call (916) 784-4050. Cosmetic Services patients should call (916) 973-6100.

SECOND DAY AFTER SURGERY:

- Continue pain medications as needed.
- Continue other medications as directed, except blood thinners.
- Use ice compresses over your eyelids, 4 times a day for 20 minutes each time.
- Use artificial tear drops in eyes if they feel dry.
- Take a warm shower (not a hot shower) and let the water run through your hair. You may gently run your fingers through your hair. Your scalp will feel tender at the incisions.

THIRD THROUGH SEVENTH DAYS AFTER SURGERY:

- Continue medications as directed by Dr. Glover.
- Continue ice compresses 4 times a day. Switch to warm compresses on the fifth day after surgery.
- Wash hair using shampoo and conditioner. Comb hair gently and use a hair dryer at least one foot away from your hair to avoid getting your head too hot.
- Do not bend over and wash or brush your hair rigorously for 8 weeks after surgery.
- Avoid strenuous activity and heavy lifting for 2 weeks following surgery.
- Avoid wearing helmets and tight baseball caps for 8 weeks.