

## **Post Operative Instructions**

### **Browlift**

The goal is to make your surgical experience and recovery as comfortable as possible. Please call us with any questions or concerns.

Please review the following recommendations for postoperative care and the other written and verbal information you have received from your doctor. You play an active and essential role in your recovery process. It is our pleasure to assist you and care for you at any time.

#### **Medications:**

You will receive pain medication (Narcotic), and an anti inflammatory with an antibiotic ointment (Pred-G).

- IF YOU LIVE ALONE, ARRANGE FOR SOMEONE TO STAY OVERNIGHT AFTER SURGERY
- DO NOT drive or operate machinery for 24 hours after surgery
- DO NOT drink alcoholic beverages for 24 hours after surgery
- DO NOT make major decisions, sign contracts, etc. for 24 hours after surgery.

#### **Swelling/Discoloration:**

After this type of procedure, the forehead and eyelids are usually swollen and may show noticeable bruising. Most swelling usually resolves quickly over 5-7 days (more slowly if you suffer from allergies), while the discoloration will diminish more gradually over 7-14 days. You may notice that one eye will be slightly more or less swollen than the other – this is normal and is not a cause of concern.

#### **What to Expect:**

The feeling of tightness is normal. Occasionally, swelling may cause the upper lid to not close completely for a few days. Both of these conditions will resolve as swelling diminishes. Tearing or eye irritation, if present, will usually resolve as swelling decreases and the eyelids close.

The entire forehead will be numb, and you might not be able to elevate your eyebrows for a few weeks to months. This condition is painless, and is completely normal. The following are some recommendations directed at relieving discomfort and speeding the recovery process:

1. REST IN BED OR A CHAIR for the first 72 hours following surgery. Be sure to keep your head elevated at a minimum of 45 degrees (2-3 pillows).

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2. USE YOUR EYEDROPS, if prescribed, to help ease any discomfort or irritation caused by incomplete eyelid closure.
3. AVOID HITTING OR BUMPING YOUR FACE AND NECK. It is wise not to pick up small children and you should sleep alone for one week after your operation.
4. APPLY COLD COMPRESSES. (See “frozen pea packets”) as often as possible for the first 72 hours after surgery. At a minimum 6 times per day for 30 min at a time.
5. AVOID BENDING, STRAINING, HEAVY LIFTING for the first week following surgery. In addition to aggravating swelling, these activities may elevate blood pressure and start bleeding.
6. AVOID EXCESSIVE SMILING OR YAWNING for one week
7. AVOID PHYSICAL EXERCISE for 2 weeks.
8. DO NOT SMOKE AND AVOID ALCOHOL CONSUMPTION for 6 weeks after surgery. Both of these activities can significantly slow the healing process.
9. REPORT ANY SUDDEN SWELLING OR INCREASED DISCOLORATION to Dr. Calva immediately.
10. SLEEP IN AN UPRIGHT POSITION (preferably on your back) by elevating the head of the bed and using extra pillows for at least 1 week following surgery.
11. AVOID STRAINING IN THE BATHROOM. If you need a laxative, we recommend Docusate (your pharmacist will give it to you without a prescription). Proper diet, plenty of water and walking are strongly recommended to avoid constipation.

Nausea rarely occurs following browlift surgery; however, if you should experience nausea, please call us immediately. Anti-nausea medication may need to be prescribed, and although this will provide relief for the nausea, it may cause you to feel drowsy and dizzy.

Use the eye drops as often as these help to keep the eyes moist, There is little, if any, pain with browlift surgery, therefore it is recommended that prescription strength pain relievers be used sparingly, if at all.

**Frozen Pea Packs:**

Frozen peas (from your grocer), placed in a Ziploc bag provide the simplest and most effective cold compresses to reduce swelling, discoloration and discomfort following surgery. During your waking hours, apply the pea packs to your forehead and eyes as often as possible for the first 48 hours following surgery, You may continue to use the pea packs as much as you like for up to 7 days after surgery.

**Pain:**

As mentioned above, there is little, if any pain associated with browlift surgery. You may experience a dull ach and tightness in the forehead, but it is very unusual to have

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significant, sharp pain. If cold compresses do not provide sufficient relief from the discomfort associated with your browlift surgery, take extra strength Tylenol according to package directions. Under no circumstances should ASPIRIN, MOTRIN, ALEVE, ETC. and/or any medications containing aspirin or salicylates be taken. If you are not sufficiently relieved of pain, try alternating doses of extra strength Tylenol and the pain medication prescribed by your doctor. If you have increasing eye pain or any “burning” of the eyelids, please call Dr. Calva’s cell phone immediately.

**Visual disturbances:**

You can expect to have very slight blurring of vision for a few days due to swelling and ointment still present in the eyes from surgery. Any progressive or one-sided decrease in vision call Dr. Calva’s cell phone immediately. Keep your eyes moist and comfortable since after surgery your eyes might feel dry. You can use over the counter eye drops (We recommend *Refresh Plus* and you can use it every 30 minutes as needed).

**Cysts:**

It is not uncommon for very small, white inclusion cysts to appear near the suture line in the first few weeks to a few months following surgery. These can easily be managed in the office during a postoperative visit.

**Temperature:**

Generally, the body temperature does not rise much above 100 degrees following a surgical procedure. A rise in temperature is an appropriate part of the healing process. You should check your temperature by mouth three times per day. If you have a persistent fever above 101.5 degrees that is not relieved by Tylenol, call our office.

**Bleeding:**

If you experience oozing or bleeding along the suture line, do not rub the areas but apply gentle pressure to the area using a sterile gauze pad followed by a cold compress. Pressure and cold compresses should be effective, however, if these measures do not stop any oozing/bleeding, please call Dr. Calva’s cell phone immediately. IF there is a sudden increase in swelling of one side or your entire forehead, please call Dr. Calva’s cell phone immediately.

**Diet:**

Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated the following day. If you have persistent nausea stick to a bland diet until it subsides. Avoid foods that can cause a lot of gas. This can cause abdominal distention and undue discomfort and likely nausea. Small frequent meals are best. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

Some suggestions to ease abdominal discomfort or indigestion after surgery:

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Please visit Dr. Dan Calva’s website at [www.danielcalva.com](http://www.danielcalva.com) for additional information.

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- Dr. Dan Calva’s Cell Phone – (305) 814-9582

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1. Drink a lot of water- 8 glasses a day!
2. Drink warm liquids (tea or coffee).
3. Prune juice for constipation.
4. If severely constipated use Colace (2 tabs in a.m. and p.m. taken with one glass of warm water), and fleet enemas (regular or oil retention) as a last resort.

**Daily wound care:**

Gentle cleansing of the suture line along the hair line should be done 2 times daily with diluted hydrogen peroxide on a cotton swab. Cleansing will help loosen any crusting or debris that forms. After cleansing, a small amount of the ophthalmic ointment should be applied to the suture lines. Ophthalmic ointment should be applied at least 3 times per day.

**Resuming Activities:**

1. WEARING GLASSES AND CONTACT LENSES. Eyeglasses and/or contact lenses are safe to be used.
2. PERSONAL GROOMING. In order to improve and speed wound healing, we recommend the following:
  - You may SHOWER AND WASH YOUR HAIR with Neutrogena shampoo on the third day after surgery, allowing indirect flow of warm water to wash over the wounds. (Do not let the water directly strike the wound and do not immerse or soak the wound.)
  - You may use a BLOW DRYER on cold setting only.
  - You may have your HAIR WASHED AT A SALON one week after your stitches are removed, but do not sit under a hair dryer for a total of 6 weeks. Use a hand-held blow dryer on cold setting.
  - FACE MAKEUP may be used sparingly on the forehead, below the sutures only 48 hours after your sutures are removed. Avoid the suture lines.
  - EYE MAKEUP may be applied
  - DO NOT PULL OR STRETCH THE EYELIDS for the first 10 days following surgery, as they might be swollen and can be injured easily.
3. HOUSEHOLD ACTIVITIES. On your second postoperative day, you are encouraged to be up and around the house with your usual activities except those specifically outlined previously (no bending, no heavy lifting, etc). No strenuous activity.
4. PULLOVER CLOTHING. For 2 week following surgery, you should wear clothing that fastens either in the front or back rather than the type that must be pulled over the head.
5. AVOID EXERCISE for 4 weeks following surgery.
6. AVOID PROLONGED READING AND/OR TELEVISION/COMPUTER VIEWING for the first 2-3 days to avoid eye fatigue.
7. REDUCE EXPOSURE TO SUNLIGHT. Following surgery your eyes may be more sensitive to bright light for a few days. Wearing sunglasses is recommended.

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8. RETURNING TO WORK AND RESUMING SOCIAL ACTIVITIES. When you return to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average person is ready to return to work or go out socially in 5-7 days following surgery.

**Scars:**

During the first several days following surgery, the scars will be imperceptible. They then go through a period of slight swelling and reddening, especially at the outer corners. As this subsides, the scars become virtually invisible again. This is the normal maturity process of scars. You will have lumps and irregularities along your incision. Any unevenness of the edges of the incisions or lumpiness of the scars is usually temporary and will subside with the passage of time. It is important to protect your incision from sun at all times for a period of one year. Use both hats and sun block (SPF 50) at all times. You must wear a headband at all times to place pressure on your forehead and incision. The headband should be worn 24 hours per day for 6 weeks if possible. You should start wearing the headband after our stitches are removed. The headband helps minimize lumpiness, and contours your forehead as it is in the healing process.

**Your postoperative office visit:**

You will be seen at our office the following day to make sure there are no immediate complications that can be taken care of. The dressings will be removed, and incisions inspected. Sutures will be removed at your second postoperative visit, generally 5-7 days AFTER YOUR SURGERY. Following suture removal, you will generally be asked to return to the office for follow-up evaluation at 4 weeks, 3 months, 6 months, and 1 year after surgery to make sure everything progresses smoothly. Please arrange your schedule to accommodate these appointments, which we urge you to make immediately following surgery.

**Summary:**

- Do not be discouraged by swelling and discoloration. These conditions are a normal part of the browlift procedure and will subside within 2 weeks.
- Call our office if you experience:
  - Sudden swelling or increased discoloration
  - Increase in eye pain or any “burning” of the eyelids call Dr. Calva’s cell phone immediately
  - Any progressive or one-sided decrease in vision call Dr. Calva’s cell phone immediately
  - Persistent temperature above 101.5 degrees that is not relieved by Tylenol.

Your recovery and ultimate result is very important to us. Please read this handout carefully and keep it readily accessible as a reference after your surgery.

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If you have ANY questions or problems not addressed in this handout, please do not hesitate to contact us at our office at (305) 203-3938 during the day, after normal business hours or on weekends. Dr. Daniel Calva's cell phone is (305) 814-9582.

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