

**POST-OPERATIVE INSTRUCTIONS
FACE LIFT / BROW LIFT / EYELIDS**

Edward Eades, MD
520-323-6994

Follow-up Appointment

Call the office and make an appointment for:

☐ Tomorrow ☐ this / next Tuesday ☐ this / next Thursday

Incision Care

1. It is normal to experience some oozing from the incisions during the first 12 hours.
2. To minimize swelling:
 - Use cold compresses on your eyes for at least the first 12 hours after surgery.
 - Sleep with your head elevated for the first week after surgery. Place pillows to support your head and shoulders keeping your neck straight, not flexed.
3. You may bathe, shampoo, and get your incisions wet once your dressings are removed, usually the day after surgery.
4. Beginning the day after your surgery, clean the incisions as needed with hydrogen peroxide and a q-tip to remove any crusting on the incisions.
5. If you so desire, you may keep a thin layer of the antibiotic ointment of your choice on the incisions.
6. For the first 48 hours after surgery - DO NOT bend over or otherwise position your head lower than your chest, this can cause bleeding.
7. For one week after surgery - DO NOT engage in any strenuous activity (exercise, heavy lifting, intimate relations, etc.), doing so can cause bleeding.

Call Dr. Eades (520-323-6994) with questions or concerns, especially:

1. Signs of infection: fever, and/or increasing pain, redness and swelling in the surgical sites.
2. If an incision begins to bleed, carefully wipe off all clotted blood and apply light pressure with a moist washcloth for ten minutes by the clock, call Dr. Eades if the bleeding continues after two attempts to stop it.
3. If you experience any sudden swelling of the operative sites, sudden increases in pain or change in vision.