



# Laser & Cosmetic Surgery Specialists, PC

Ran Y. Rubinstein, MD

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## Post-Operative Instructions for Browlift

### IN CASE OF AN EMERGENCY

1. During business hours: call the office @ **845-863-1772**
2. After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
3. **Avoid** going to the emergency room without contacting the office first for further instructions.

### ACTIVITIES, BANDAGES, & SHOWERING FIRST WEEK

- 1) Do not remove the bandage for the first 24 hours. This will be done on your first post operative visit (24 to 48 hours post op.) Expect some bloody drainage into the drain reservoir, if drains are used. Record output.
- 2) After the first post op visit, drains are removed.
- 3) Clean incisions 3 times per day with Q-tips soaked in peroxide followed by Polysporin antibiotic ointment application.
- 5) You may shower after 48 hours using baby shampoo, for one week. Peroxide may help dissolve the blood. Do not use conditioner for one week. You may carefully wash your face with a mild soap and a clean washcloth or cotton balls. Avoid irritating any of the suture lines.
- 6) Apply ice to eyes for the first 48 to 72 hours to minimize swelling.
- 7) No HOT or WARM compresses to the surgical area.
- 9) Limit your activities the first week after your surgery. You are encouraged to walk around the house, but avoid bending over at the waist, picking up heavy objects, or straining of any kind. If you exert yourself, bleeding may result. We ask that you not drive for 1 week after surgery. When you rest or sleep, keep your head elevated on two or three pillows (or recliner) and avoid turning on your side. Limit lifting, pulling or pushing for 10 days.
- 10) It is not unusual to feel nausea in the first 24 hours after surgery. If you feel nauseated or vomit, avoid food and drink. Take only 2 to 3 ounces of clear liquids at hourly intervals. Discontinue pain medications (Tylenol is OK) until nausea passes. If these symptoms persist, call for anti nausea medication.
- 11) Smoking should be strictly avoided because it interferes with the blood supply to the healing tissues and hinders healing. Alcohol consumption should also be eliminated because this can thin the blood and result in bleeding.
- 12) It is not unusual to feel a bit depressed for a few days after surgery. This passes quickly as you begin to look and feel better.
- 13) Swelling can be reduced significantly by having a gentle facial lymphatic drainage massages performed by our skin care staff.
- 14) Bruising can be decreased by having non invasive laser therapy performed in our office. This helps to break up the bruising faster.

### **YOU CAN EXPECT**

- 1) Moderate discomfort-which should be relieved by your pain medication
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Some bloody drainage into the drain reservoir, if drains are used
- 5) Some drainage on the bandage

### **CALL THE OFFICE IF YOU HAVE**

- 1) Severe pain not responding to pain medication
- 2) Marked swelling or obviously more swelling on one side than on the other
- 3) More than 50 cc of bloody fluid collecting in drainage reservoir in an eight-hour period.

If you experience dry eyes you may use over the counter artificial tears or ointment. You will be instructed when you may shower and shampoo your hair after surgery, most likely beginning two days after surgery. Once cleared to do so we will request that you shampoo your hair daily until all the sutures have been removed. Please do not use a hot dryer but you may use a cool dryer. Limit lifting, pulling or pushing for 10 days.

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Patient/Family Signature

Nurse Signature

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Ran Y. Rubinstein, MD

Date