

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Browlift

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **(845) 863-1772**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

ACTIVITIES, BANDAGES, & SHOWERING FIRST WEEK

- 1) Do not remove the bandage for the first 48 hours.
- 2) After removing the bandage, clean incisions 3 times per day with Q-tips soaked in peroxide followed by Polysporin antibiotic ointment application.
- 3) You may shower after 48 hours and wash your hair using baby shampoo, for one week. Shampoo hair once daily until all sutures are removed. Peroxide may help dissolve the blood. Do not use conditioner for one week. Do not use a hot hair dryer but a cool dryer is permitted. You may carefully wash your face with a mild soap and a clean washcloth or cotton balls. Avoid irritating any of the suture lines.
- 4) Apply ice to eyes for the first 48 to 72 hours to minimize swelling.

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- 5) No HOT or WARM compresses to the surgical area.
- 6) 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. 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 14 days.
- 7) If you experience dry eyes you may use over the counter artificial tears or ointment.
- 8) 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.
- 9) Swelling can be reduced significantly by having a gentle facial lymphatic drainage massage performed by our skin care staff.
- 10) 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 drainage on the bandage.

POST OP 1 TO 6 WEEKS

- 1) You may slowly resume activities after the first week. Walking slowly is all right in 3 to 4 days, but do nothing aerobic. Let your body tell you how much to do. Build up your level slowly. You may begin by walking or other similar light exercise. Do not strain, grimace, or do anything of sufficient exertion to cause your pulse rate to increase sharply.
- 2) Moderately strenuous exercise may be resumed in 4 to 6 weeks.
- 3) Driving may resume 1 week after surgery.
- 4) In 4 to 6 weeks after surgery, exercise can return to 100 %.
- 5) Smoking and usage of other nicotine products should be strictly avoided at least for 6 weeks before and after surgery as it interferes the blood supply to the healing tissues and hinders healing. Alcohol consumption should be avoided for 2 weeks before and after surgery because this can thin the blood and result in bleeding.
- 6) Avoid medications that contain aspirin or ibuprofen for 2 weeks. Please refer to enclosed medication and herbal supplement form.
- 7) Makeup may be applied 1 week after surgery.
- 8) Bruising and or swelling usually lasts 2 to 3 weeks. It is not unusual for some minor swelling to persist up to 3 months. Numbness can continue 6 to 12 weeks.
- 9) Out of state: Patients are to remain in town until all staples or sutures are removed (approximately 7 to 14 days after surgery).
- 10) Work: It is alright to return to work after 1 week. You will probably still be bruised and swollen. Most patients allow 2 weeks before returning to work.
- 11) Contact lenses: Do not wear contact lenses for 1 week or until approved.
- 12) Hair color and perm: Ok to resume 6 weeks after surgery.
- 13) Avoid excess sunlight (and tanning) for 6 weeks. Even a mild sunburn may cause prolonged swelling or irritation of the healing incisions.
- 14) Do not use a shower cap or headband for 6 weeks after surgery.

Do not compare your progress with that of other patients. Remember, everyone heals in his or her own unique way. Also, if you have any questions or concerns, call us.

CALL THE OFFICE IF YOU HAVE

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- 1) Severe pain not responding to pain medication.
- 2) Marked swelling or obviously more swelling on one side than on the other.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
Ran Y. Rubinstein, MD	Date	Nurse Signature	Date

Revised 6-9-09