

**DR. TREVOR M. BROOKS MD, FRCSC  
PLASTIC, HAND & COSMETIC SURGERY**

2-1335 Trans Canada Way SE  
 Medicine Hat, AB, T1B 1J1  
 Tel: 403-487-0460  
 Fax: 403-487-0462  
 drtrevorbrooks.ca  
 E-mail: info@drtrevorbrooks.ca

**CALL OUR OFFICE OR GO TO A WALK-IN CLINIC IF  
YOU HAVE:**

- Fever over 37°C
- Yellow, green or foul-smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc.)

**UPPER BLEPHAROPLASTY (EYELID LIFT) SURGERY POST OPERATIVE CARE INSTRUCTIONS**

You must stay in Medicine Hat for 1-3 days post-surgery, as per Dr. Brooks, due to post-surgery complications that could occur. This policy is in place for other procedures as well.

Once your surgery is complete and our recovery team has cleared you to go, your arranged ride can drive you home.

Plan to take 7-10 days off work for rest and recovery.

Your eyes may be sensitive to bright light for the first few days.

**Dressing/Bandages:**

The Steri-strips applied in the operating room should remain on and intact for 7 days following surgery. You may shower or bathe during this time if you keep the dressing dry (bathe with the areas out of the water). Pat dry, no aggressive rubbing.

Let the Steri-strips fall off on their own.

You may protect the incision with a very light layer of Polysporin, but be sure to keep it out of your eyes as it can cause irritation.

Do not submerge the area in water for 3 weeks (no baths, hot-tubs, pools, ocean/lake water).

Your sutures are not dissolvable. They must be removed by Dr. Brooks at his office precisely 7 days after surgery.

**Medication:**

Take your regular medication as prescribed (unless Dr. Brooks has specifically instructed you otherwise).

If you are prescribed an antibiotic, finish the entire prescription.

You may use acetaminophen (Tylenol) for pain, unless Dr. Brooks has instructed you otherwise. Avoid ibuprofen (Advil) and inflammatory medication (Aleve) for the first 4 days.

**Return to Work:**

Most patients can return to work 1-2 weeks after the surgery; however, there is usually a significant amount of bruising around the eyes.

Many patients who work with the public take more time off until the bruising has lessened. If you require a work note, please inform Dr. Brooks or our office staff.

**Activity:**

Swelling is normal. Elevate your head on a pillow to minimize swelling. Keep your head elevated with pillows while sleeping, or sleep in a "Lazy-Boy" reclining chair.

Apply an ice pack to your forehead just between your eyes off and on for the first 3-4 days.

Do not use heat.

Do not use exercise equipment or do cardio until Dr. Brooks gives you the go-ahead.

You may begin scar massage after 2-3 weeks (if no open areas to the incision). Use some pressure & cream (Vitamin A, Vitamin E or Aloe are all excellent choices), but be sure to keep it out of your eyes as they can cause irritation.

A high quality vitamin and silicone scar gel is available at Dr. Brooks' office, but there are many available at most pharmacies as over-the-counter products.

**Sunshine:**

It is recommended that you wear a hat and sunglasses while your incisions heal.

After 3 weeks, if your surgical site is to be exposed to sun, apply an SPF 45 or higher sunscreen and for at least 1 year after continue to do so to prevent the scar from changing to a darker colour.

**Diet:**

Resume your regular diet.

Drink plenty of fluids.

Stay away from alcoholic beverages for 1 week.

Limit caffeinated beverages for 1 week.

Avoid smoking/vaping for 3 months before and 6 weeks after surgery for better wound healing. Nicotine constricts blood vessels.

**Your Follow Up Appointment:** Exactly 1 week after your surgery Dr. Brooks will want to see you again. To ensure you get in within this timeframe please call 403-487-0460 promptly after your surgery to set up the appointment.