



Oculofacial Plastic Surgery Consultants, PA  
Renzo A. Zaldivar MD

### **Trichophytic Brow Repair Post-Operative Instructions**

*Having someone stay with you on at least the first night after your surgery is highly recommended.*

#### **Normal Expectations:**

- Blood-tinged drainage from incisions for 24-48 hours.
- Increased swelling and bruising two days after surgery- this may be unequal comparing each side. Bruising may start in eyelids and move lower on your face- this may take 2+ weeks to fade.
- Schedule approximately 1 week off from work (if possible) to allow for the resolution of swelling and bruising resolution times will vary.
- You may have a dull-type headache for several days after surgery.
- You will experience numbness and tingling in the forehead and scalp for up to 4-6 months after surgery, this is normal. In rare cases it can last up to 1 year.

#### **Dressing:**

- Apply ice compresses as much as possible for the first 48 hours. You can use the ice more often on the day of surgery.
- Cold wet towels, ice masks, or a bag of frozen peas covered by a soft cloth work well. Icing is not necessary while sleeping.
- You can remove any remaining head bandages **48 hours** after surgery and wash your hair with a mild soap, like baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. Please pat dry, do not rub incision sites. Hair may be blow dried on a cool setting.
- You will then start applying the ointment to the incision, 2 times a day for 3 days. After 3 days it is recommended that you use Vaseline or Aquaphor to keep the incision moisturized.
- If the dressing comes off accidentally before 2 days, this is ok as long as there is no residual bleeding. If there is continued bleeding, please contact our office.

#### **Medications:**

- Apply a small amount of the prescribed ointment to the operative sites, twice a day for 3 days. After 3 days, please stop the ointment and apply Vaseline to the incision sites to keep the incision moisturized.
- If your eyes feel dry, it may be helpful to squeeze a bit of ointment into your eyes as well-**this will blur your vision.**



- **Do not** pull on your eyelids to place the ointment.
- Take Tylenol tablets as instructed for pain, while awake.
- Your doctor may prescribe a stronger pain medication than Tylenol. Do not take this medication with Tylenol.
- Restart blood thinning medications when instructed by your primary care doctor.

**Activity:**

- **DO NOT** rub around the surgical site.
- After your surgery keep your head elevated on at least 2 pillows and avoid stooping or bending for 1 week. Avoid sleeping on operative side.
- Please avoid any strenuous activity, heavy lifting or bending for 2 weeks after surgery, and do not lift more than 10 lbs. (approximately the weight of a gallon of milk).
- Avoid sun exposure to the surgical site for 1 month- this will improve the appearance. Use a sunscreen with SPF 15 or greater, that has both UVA and UVB protection.
- No swimming or hot tub use for 2 weeks after surgery.

**Hygiene:**

- You may shower/bathe starting 24 hours after surgery with a shower cap to cover the dressing.
- Avoid the development of crusting over the incision by applying Vaseline daily.
- **DO NOT** use eye make-up until approved by your physician.

**Call Right Away If You Experience:**

- Severe pain
- Rapid swelling of eye or inability to move eye(s) in all directions.
- Dimming or loss of vision that does not improve with blinking and not caused by ointment.
- Continuous bleeding that is not controlled with cold compresses.

**PLEASE CONTACT OUR OFFICE WITH ANY QUESTIONS AND/OR CONCERNS AT (919) 443-2557.  
THANK YOU!!**