

PRE- AND POST-OPERATIVE INSTRUCTIONS & CARE

ENDOSCOPIC BROW & FOREHEAD LIFT

Hospital Clínica Bíblica

Sede San José, torre Omega, 2do piso

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Loras Medical

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e-mail: eyelidaesthetics@gmail.com

If you have any questions regarding
to surgery, please call:

 **+ (506) 7032 - 5570**



BEFORE THE SURGERY

1

If you were told that you need a Preoperative Evaluation including an EKG, please contact your primary care physician or cardiologist as soon as possible and request a copy of the results. You may also require blood tests (complete blood count and coagulation). Please email the results of these tests one to two weeks prior to your surgery.

Email: eyelidaesthetics@gmail.com

2

If your Preoperative Evaluation is greater than one year old prior to your surgery date, please schedule an appointment with your doctor as soon as possible to obtain a new evaluation.

3

To reduce bleeding, bruising and to help healing, please **STOP the following medications/supplements one (1) week** prior to surgery:

Multivitamins

Products containing Aspirin

Arthritic
medications

Naproxen
(Aleve)

Ibuprofen (Advil/Motrin)
TEXTO DEL PÁRRAFO

Herbal
Supplements

Vitamin E

Omega 3 (fish oil)



You may take Tylenol/Acetaminophen products as needed.

- 5 Arrange for transportation to and from the facility. Your driver must be at least 18 years of age and be present at the facility prior to the end of the surgery.
- 6 Arrange for someone to stay at home with you for 24 hours after surgery

DAY BEFORE SURGERY



STOP eating and drinking at midnight. This includes food, water, candy, gum and mints. A complete fast is required. If the fast was not completed your surgery will have to be rescheduled.



DO NOT smoke 24 hours before and after surgery.

- 1 If you were instructed to have blood work drawn, please do so 1 week before surgery.



DAY OF SURGERY

- 1 Wear loose, comfortable clothing and bring sunglasses to the facility. A shirt with front buttons or zipper is recommended.
- 2 Wash your hair and scalp diligently the night before the surgery. You may use antibacterial soap or regular shampoo.
- 3 Please leave all valuables, jewelry and cell phones at home.
Do Not wear:

Contact lenses	Makeup	Lotions, especially facial
Perfume/Cologne	Hairspray	Jewelry

- 4 Take the following medications the **morning of surgery** with **SIPS** of water, only:

MEDICATIONS TO TREAT HYPERTENSION

- Other routine medications can be taken when you return home from surgery.
- Please be aware you may receive up to three (3) bills the day of surgery: physician, facility and anesthesia.



- You will be discharged when you are awake, discharge instructions have been reviewed with your companion, and recovery goals have been met. Recovery time averages 60 minutes.

AFTER DISCHARGE

- You and your caregiver will be given specific discharge instructions on the day of surgery. However, the following limitations are common to all procedures. Please plan ahead accordingly. This will help you to achieve the best surgical results.



ACTIVITY LIMITATIONS:

- 1 **First 12 hours:** If required to use ice, you will be placing your ice pack on your eyes every hour that you're awake for 15 minutes.
- 2 We recommend using a gel eye mask, cold (these can be kept in the freezer). A bag of frozen peas placed over clean gauze also works nicely.
- 3 **First 24 hours:** No driving, drinking alcohol or making important decisions.
- 4 **First week:** NO bending forward at the waist, lifting more than 5 pounds (2 kg) or strenuous exercise.



Do not expose your eyes to direct sunlight or sunbathe until approved by your physician. Use dark glasses for protection.

Please follow the surgeon's instructions regarding postoperative medications.



GENERAL EXPECTATIONS

Bruising, swelling and bloody drainage are expected. Bruising typically peaks within 3-4 days but can take greater than 10 days to go away completely. **Do not rub your eyes.** Dab your eyes gently to remove any oozing and use the ice packs/mask as directed to limit the swelling.

- 1 You may experience discomfort after surgery. **THIS IS NORMAL.** You may take regular or extra strength Tylenol, as directed.
- 2 A head dressing will be placed around your forehead. Do not remove it until your doctors sees you for follow-up.
- 3 Contact lenses may not be worn until approved by your physician.
- 4 It is important to make an appointment to see your doctor after surgery. If you were not given a postoperative appointment, please call +(506) 7263-2171.



IMPORTANTE

If you experience severe pain, bleeding or have concerns or questions please call **+(506) 7263-2171** and leave your name and phone number where you may be reached.

