

# **POST-OP INSTRUCTIONS FOR BLEPHAROPLASTY (EYELID SURGERY)**

## **CARE OF INCISIONS**

- Gently clean incisions with Hydrogen Peroxide soaked Q-tips and then apply a thin layer of eye ointment with a Q-tip 3 times a day (or more if needed), beginning the evening of surgery through the following 1-2 weeks, until otherwise instructed.
- Place eye ointment on eyeball before going to sleep or napping, beginning the day of surgery through the following 1-2 weeks, until otherwise instructed. Do not pull down eyelid when inserting ointment.
- Gently rinse eyes with eye saline solution upon waking through the first 1-2 weeks, until otherwise instructed.
- While awake, moisturize eyes with saline or eye drops as needed (any contact lens saline solutions, Celluvisc, Refresh-Plus, or other moisturizing solution, as approved by your doctor).
- Apply ice water soaked gauze or clean washcloth to eyes continuously for the first 2-3 days following surgery and frequently thereafter as needed for mild swelling.
- Keeping the incisions and eyes lubricated with ointment and drops is essential to ensure proper and normal healing.

## **ACTIVITY**

- You may shower (using warm, not HOT water) avoiding direct spray of water on the face or around the incisions the first day after surgery.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated for approximately 2 weeks and on your back for approximately 2 months.
- Avoid straining or any activity that causes a feeling of pressure in the face and eyes. No bending. Check with your doctor before resuming any physical activities, including driving.
- Avoid stretching incisions (rubbing face and eyes, sleeping on incisions, etc.)
- Avoid wearing contact lenses until approved by your doctor.
- Avoid sun exposure as much as possible, wear a hat and sunglasses when in direct sunlight.

## **DIET**

- Begin with bland foods (clear liquids, broth, etc.) and advance as tolerated.
- Resume a well-balanced diet including protein and high fiber foods.
- Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.
- Increase fluids such as water and fruit juices (with the exception of citrus fruits) the day of surgery.

## MEDICATIONS

- Take antibiotic as directed by your prescription (on medication bottle).
- Take pain medication as directed (avoid driving or consuming alcohol while taking prescription pain medicine).
- If pain is mild, you may take extra strength Tylenol per manufacturer's directions.
- Do not take any products containing ibuprofen (including Advil, Midol, etc.) in place of pain medicine.
- Take stool softener as directed beginning the evening of surgery.
- Occasionally, you may encounter a sore throat due to anesthesia. Lozenges, such as Cepacol, will relieve this discomfort.
- Please check with your doctor before resuming any medications taken on a regular basis.

## WHAT TO EXPECT

- Some bruising and swelling is normal as well as a small amount of oozing along the incision lines. Please notify us if you are experiencing extreme swelling or bleeding from the incisions.
- There may be a feeling of tightness in and around the eyes that will improve with time.
- An antibiotic ointment is placed in the eyes immediately after surgery; therefore, your vision may be blurred for a short while.
- Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it persists longer than 24 hours or if it goes higher than 100 degrees.
- Some mild nausea or vomiting is not uncommon the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.
- Many patients have some periods of discouragement or mild depression after cosmetic surgery. It is natural to be concerned when your face is swollen and bruised.
- Resuming social activities and returning to work depend on the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. The average patient goes back to work or social activities in 7 to 14 days. A professional make-up consultant is available through the Aesthetic Specialty Centre to assist you in your recovery and after complete healing. You may schedule an appointment once your doctor has approved your healing state.
- After all stitches have been dissolved or removed, the scars may appear a deep pink color. There will be a varying amount of swelling in and around the scars themselves. With the passage of time, the pink will become white, the firmness of the scar will soften and they will become less noticeable. Each individual varies with respect to healing, but it takes approximately one year for these changes to occur in most scars.

**\*\*Please do not hesitate to call at 770.393.9000 for any questions or concerns**