

## BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

### INTRODUCTION

The following is a list of general expectations and instructions for your care prior to and following your blepharoplasty surgery. Please thoroughly read these instructions, as most of your questions should be answered here. Instructions for your care will be reviewed with you again the morning after surgery. Following these instructions carefully should help you get the best results from your surgery.

### PREOPERATIVE

- Please read your entire pre-op packet.
- Plan ahead to ensure a more relaxed recovery; stock the house with comfort foods and arrange a comfortable place to sleep.
- Set up a support system, someone reliable to drive you to postoperative appointments and help with postoperative care.
- NO SMOKING one month before and after your surgery.
- Stop blood thinners (aspirin, Advil, Aleve, Motrin, ibuprofen, Plavix, etc.) one week prior to your surgery, unless otherwise instructed.

### POSTOPERATIVE CARE

#### Help at Home

It is very important to have a strong support system during the post op period. You must have someone available to drive you home after surgery and stay with you through the night. We will not perform surgery if these arrangements have not been made. It is normal for a patient to become light-headed when rising from a sitting or lying position or when removing dressings, this is why important to have someone with you to help.

#### Medications

- Prescriptions for post op medications will be given to you the day of your surgery. You will be given a narcotic pain medication. If you have a history of nausea while taking narcotic pain medications, you may also be given a prescription for this. Postoperative antibiotics are usually not needed. Please take these medications as directed when needed beginning the day of surgery. If you are unable to take any of the medications, please contact our office so we can arrange for other medications to be prescribed.
- If you are prescribed oxycodone, you can also take two extra strength Tylenol (acetaminophen) every six hours.
- If you are prescribed a version of hydrocodone (Norco, Lortab, Vicodin), this has Tylenol in the pill, and extra Tylenol should not be taken. You may take Tylenol instead of the hydrocodone pill.
- If you experience nausea or vomiting, it is most likely due to the narcotic in the prescription pain medication. Please try to take the prescription with food; if symptoms persist, please contact our office.
- Prescription pain medications can cause constipation. If you feel that you may be getting constipated, take a gentle laxative, such as Milk of Magnesia, or call our office for a stool softener or laxative prescription.
- Unless you have reason not to, start taking ibuprofen (Advil/Motrin) the day after surgery. Take a full dose according to the package for at least three weeks after surgery.

#### Cold Compresses

It is important to keep cold compresses on your eyes for the first 48 hours after surgery. This can be done using cold wash cloths from a basin of

ice water, or with a Swiss Therapy Mask, do not use an ice bag. To keep your eyes cool, wash cloths should be changed every twenty to thirty minutes during the twelve hours after surgery. After the first twelve hours, the cold compresses can be applied every few hours.

### Elevation

It is very important for you to keep your head elevated the evening after surgery and through the first two weeks following surgery. This can be done by either sleeping in a recliner chair that is tilted at a 45 degree angle, or sleeping with two pillows underneath your head. You will need to avoid rolling on your face during sleep for two weeks following surgery; this can be done by sleeping on your back.

### Daily Care

- These daily care instructions will be reviewed with you the morning following your surgery.
- Go over your suture lines three times a day with a Q-tip dipped in a mixture of equal parts hydrogen peroxide and tap water. After this, using a new Q-tip, apply a liberal amount of antibiotic ointment (Bacitracin). Your stitches will be removed at the one week period.
- Dr. Lewis may recommend that you put a small amount of either a lubricating ointment or an antibiotic ointment in the eye at night to keep them moist.
- You may shower the day following your surgery and should continue to shower every day following this.
- Be sure to immediately report any signs of infection, redness, fever, unusual drainage, excessive pain, and any bleeding that persist after ten minutes of direct pressure.

### Activities

- No strenuous exercise for at least two weeks.
- No heavy lifting for three weeks.
- Your glasses may be worn the day after your surgery, but wait 10-14 days before putting your contacts in.
- No tweezing of the eyebrows for four weeks after surgery.
- No driving for one, preferably two weeks after surgery.
- Eye shadow and false eyelashes should not be applied for two weeks after surgery.
- Makeup should not be applied for two weeks after surgery.

## POSTOPERATIVE EXPECTATIONS

### Swelling

Swelling will vary. Swelling may increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks following surgery. Expect to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize swelling include keeping your head elevated as much as possible over the first two to three weeks, avoid bending over or heavy lifting for the first three weeks, and avoid prolonged sun exposure for the first two to three months.

### Discoloration

Like swelling, bruising will also vary. Most bruising and discoloration should resolve over the first two weeks. Makeup can be applied two weeks after surgery to help hide any remaining discoloration.

### Dry Eyes

Dry eyes can occasionally occur, especially for those patients with a history of low tear production. With dry eyes, your eyes feel as if you have sand in them and may look bloodshot or develop a yellowish swelling or film. Although annoying and uncomfortable, this is a temporary condition. Dr. Lewis will work with you to expedite the resolution of the dry eyes as well as make you more comfortable during this time.

## POSTOPERATIVE APPOINTMENTS

The healing time for blepharoplasty surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year. Dr. Lewis will follow you through this entire process, but be patient.

### CALL DR. LEWIS IF

- Temperature is greater than 101.5
- Redness around incision
- Increasing pain that is intolerable
- Pus coming from incision
- Severe or sudden swelling
- Swelling in one or both legs
- Shortness of breath
- Heavy bleeding

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Please do not hesitate to ever contact our office

**804-267-6009**

