

**Blepharoplasty Surgery Discharge Instructions**  
**Dr. Michele Shermak**  
**The Plastic Surgery Center of Maryland**



**Diet**

- May resume a regular diet. Lighter foods will help avoid nausea/vomiting.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods that will make you puffy. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This could be easily avoided by consuming fluids.

**Activity**

- Keep your head elevated at all times. Sleep on 2 or 3 pillows at night.
- Apply ice to the eyes for the first 3 days. You may use frozen vegetables in a baggy or a moistened wash cloth that has been placed in the freezer.
- Irrigate eyes through the day with plain saline solution. Do not dab eyes with a tissue which will irritate the eye surface.
- No strenuous activity for 2 weeks. No bending or lifting >5lbs. for 2 weeks.
- Walking encouraged. This is an important step in preventing blood clots in the legs which is a serious condition.
- You may return to gym within 3 weeks.

**Washing**

- You may gently wash face the day after surgery with mild, soapy water – Dove soap is recommended. You may then cleanse face daily. Cleanse and apply Aquaphor more frequently if dermabrasion was performed. You may shower the day after surgery.

### **Dressings/Wound Care**

- Leave steristrips and sutures intact.
- Apply antibiotic ophthalmic ointment to incisions 2-3x/day and into eye before going to sleep.

### **Medications**

- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling. If you have extreme pain, call the office immediately.
- *Ophthalmic antibiotic ointment* – Apply 2-3x/day to incisions and into eye directly at night. Do not use regular ointment – you must use ointment just for the eye.
- Saline eye irrigation, plain – Rinse eyes through day to avoid dryness. Do not dab with a tissue which will irritate eyes.
- Arnica Montana herbal ointment – If there is moderate bruising, massage into your facial skin throughout the day.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.) please discuss the appropriate time to resume taking this medication with Dr. Shermak.

### **Follow-Up**

- The first appointment will take place within a week of surgery. Please call 410-616-3000 with any questions.

### **What to Watch For and When to Call**

- You can call our office at any time to speak with Ann or Dr. Shermak if you have questions or concerns at 410-616-3000. In addition, you can reach Dr. Shermak by email at [shermakmd@gmail.com](mailto:shermakmd@gmail.com). **(Please do not use email for urgent or emergent situations.)**
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.

- Your vision will be blurry. Call immediately if you notice any decrease in vision or pain in the eye.
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Call immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

*Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!*