

GUELPH | FACIAL PLASTICS

Post-Operative Discharge Instructions for Lower Eyelid Surgery

- Transconjunctival Lower Lid Blepharoplasty -

INCISIONS

- An incision was made inside your lower eyelid and sometimes at the lower lash line
- There may be sutures covered with little white gauzes or tape around your cheekbone area. These don't require any special care, **do not remove the sutured gauze yourself**, we will do this at your 1 week follow up appointment
- It is normal for the eye to drain bloody tears for the first few days after surgery as the incision line inside the eye will stain the normal tear film
- Rinse your eyes with natural tears regularly and whenever they feel irritated
- Use the medicated eye drops as prescribed

- Lower Lid Muscle Flap or Skin Pinch Blepharoplasty -

INCISIONS

- An incision was made under each lower lash line
- Clean your incisions with peroxide on a Q-tip, clear off any scabs
- Apply Polysporin or Vaseline after cleaning the incisions
- Repeat this process twice daily
- Do not submerge your incision areas in water for at least 3 days following surgery
- Rinse your eyes with natural tears regularly and whenever they feel irritated

ACTIVITY AND DRIVING

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight
- **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR** for 14 days after surgery
- You may return to work as early as 10 days after surgery if you feel up to it

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

AFTER YOUR SURGERY

- Some bleeding is expected from the incision. Keep your head elevated; apply ice packs gently to your eyes; and avoid strenuous activity
- A brisk swelling in your lower eyelids that grows larger by the minute and is tense, painful and firm is **NOT** normal and may represent bleeding under the skin. Call Dr. Brace's office during office hours or Dr. Brace after hours and head to the Emergency Room.

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- Nausea is common after a general anesthetic. Use Gravol as needed.

MEDICATIONS

- Dr. Brace will have prescribed your post-operative medications prior to surgery
- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. YOU MAY USE BOTH AT THE SAME TIME
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin for 2 weeks after surgery to avoid nose bleeds

WHEN TO SEEK MEDICAL HELP:

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:

- Increasing severe pain in your eyes with decreasing vision
- You have heavy bleeding that does not stop
- You develop a progressive headache WITH fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5°C (101.3F)
- You have nausea and vomiting lasting more than 2 days

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.