

## - Skin Pinch Blepharoplasty -

### WOUND CARE

- Incisions were made on your eyelids, they were closed with blue stitches that will be removed in 1 week
- **Twice a day, clean the incision lines with a 50:50 mix of peroxide and water on a Q-tip**
- **After cleaning the incisions with peroxide, apply Polysporin or Vaseline on the incisions.** Keeping the incisions greasy will help your skin to heal
- Clean your incisions morning and night, more if needed
- Contact Nurse Jocelyn if you have any questions regarding wound care

### FOR YOUR COMFORT

- It is normal for the eyelid to swell and bruise, even into the lower eyelid and cheek
- Apply ice for 20 minutes every hour while awake for 3 days following surgery, this will help to limit discomfort, swelling, and bruising
- Keep your head elevated or propped up on pillows when sleeping or relaxing, this will also help to minimize bruising and swelling
- Rinse your eyes with natural tears eye drops regularly and whenever they feel irritated

### SHOWERING

- There are no restrictions to showering
- Avoid fully submerging your incisions in water for at least 3 days

### ACTIVITY & DRIVING

- If sublingual Ativan was taken pre-procedure, do not drive for 8 hours
- **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery**
- You may return to work as early as 7 days after surgery if you feel up to it
- Avoid goggles or other eye wear that will put pressure on your eyes

### 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 for 2 weeks

### MEDICATIONS

- 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**
- Do not use Aspirin for 2 weeks after surgery

**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:**

- **A brisk swelling in your upper 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.**
- **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 with any questions regarding your surgery

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