



INSTRUCTIONS

Blepharoplasty/Ptosis Repair

- During the first 24 hours after surgery, it is common to have a painful or burning sensation in one or both eyes. Please follow these directions to alleviate discomfort:
- **Cold Compress Instructions:**
 - Apply cold, damp gauze compresses to the treated area for 20 minutes every hour during the first 24 hours after surgery.
 - To prepare the compresses, soak clean gauze in ice water, wring out excess water, and apply it to the treated area. To keep the compress consistently cold, replace the gauze with a freshly chilled piece after the first 10 minutes.
 - After the first 24 hours of around-the-clock cold compresses, transition to applying cold compresses for 20 minutes every hour while awake through postoperative day 4. Beginning on postoperative day 5 and for the remainder of your recovery, you may continue using cold compresses as needed for comfort.
 - **Important:** Use ice water to chill the gauze—do not apply ice directly to the skin, as this may impair circulation and delay healing.
- Beginning the day after surgery, clean the incisions two times a day (morning and evening) using Q-Tips provided dipped in hydrogen peroxide provided to gently wipe away any dried blood. Be careful to avoid getting hydrogen peroxide in the eye.
- After cleaning the incision with a Q-Tip, apply a thin layer of erythromycin ointment to the incision.
- **During the first week after surgery, it is common to experience dry eye sensation.**
 - Lubricating eye drops (preservative free Refresh) can be applied every hour
 - Systane Nighttime lubricating ointment can be applied directly to the eyeball at night prior to bed
- Please do not use contact lenses for 2 weeks or until cleared by Dr. Alemi