

## Post Operative Instructions - Blepharoplasty (Eyelid)

During the first 24 hours after surgery, apply iced compresses to the eye area for 20 minutes, every hour while awake. This can be in the form of a facial ice mask or a package of frozen peas over a damp washcloth or gauze. Iced compresses will decrease swelling and help with pain control. Swelling and bruising usually will reach a peak 3 days after surgery, then will resolve slowly over the next two weeks. 72 hours (about 3 days) after surgery, you may wish to apply a warm, wet compress to the eyes as much as possible for the next few days to aid the resolution of the swelling and bruising.

**Upper eyelid surgery:** You will have sutures over your incision. You may shower but avoid submerging the face underwater. You will be given ointment to use over the incision line. Put ointment directly on the sutures.

**Lower eyelid surgery:** Your incisions are on the inside of the eyelid and will not require any ointment for the first postoperative week.

Sleep with the head elevated 30 degrees, on approximately two pillows for several days after surgery. Take only the prescribed medications. DO NOT take aspirin, aspirin-containing compounds or non-steroidal anti-inflammatory medicines such as Ibuprofen for one week after surgery.

### Things to avoid

- Activities that can cause an elevation in the blood pressure for two weeks after surgery (including exercising, dancing, vacuuming, treadmill, etc.)
- Bending over or heavy lifting for one to two weeks following surgery.
- Bumping or jarring the face or eyes.
- Wearing contact lenses for at least ten days. Eyeglasses may be worn the day after surgery.
- Sunbathing for six weeks.
- Placing makeup on the incision lines until sutures are removed, then a water-based makeup is recommended for the next three weeks.
- Driving while taking pain medication.

Please report to the physician any bleeding that persists after applying gentle pressure with a washcloth for 15-20 minutes. Notify the physician of any sudden change in vision or persistent swelling which causes the lower lid to separate from the eye.

### Postop Caretaker and Ride

- You need a responsible adult (family member, friend, or postop-op nurse) with you for at least 24 hours after your discharge from the Surgery Center.

Call the number below to report any of the following:

- Persistent nausea or vomiting
- Persistent chills or fever greater than 101° F
- Persistent bleeding that keeps the dressing wet
- Pain at a level that is intolerable despite pain medications, icing, and elevation
- Sudden onset of calf pain, redness, or swelling
- For difficulty breathing, shortness of breath, or chest pain call 911 immediately

**If you have more questions or concerns, please call or text us at (503) 382-8899.**

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### Pain Relief

For pain relief take the maximum dose of acetaminophen (Tylenol). Acetaminophen (Tylenol) comes in many strengths. Take the maximum dose according to the label. Please be aware and follow maximum dosage guidelines. For example, do not exceed 3,000 mg in 24 hours.

If Tylenol is not enough to help with your pain, you may take the prescribed pain medicine. Do not take both the prescription pain medicine and Tylenol at the same time, as the prescription also contains Tylenol. You should not drive, operate machinery, power tools, make important decisions, or sign documents while on narcotic pain medication.

DO NOT take aspirin, aspirin-containing compounds or non-steroidal anti-inflammatory medicines such as Ibuprofen for five days after surgery.

- ☐ Norco (Oxycodone 5 mg- acetaminophen 325 mg) \_\_\_\_\_ am/pm, every 6 hours as needed for pain
- ☐ Tylenol (acetaminophen) \_\_\_\_\_ am/pm, every 6 hours as needed for pain
- ☐ Other \_\_\_\_\_ am/pm, \_\_\_\_\_ x daily for pain

### Antibiotics

You may take 1 dose of antibiotics the night of your surgery day. Starting the next day, take your antibiotics as directed until they are gone. It can be helpful to take probiotics with antibiotics to preserve your gut health.

- ☐ Cephalexin 500 mg \_\_\_\_\_ am/pm, twice daily
- ☐ Clindamycin 150 mg \_\_\_\_\_ am/pm, three times daily
- ☐ Other \_\_\_\_\_ am/pm, \_\_\_\_\_ x daily

### Anti-nausea

Anti-medication can be taken as needed

- ☐ Zofran (Ondansetron) sublingual 4 mg \_\_\_\_\_ am/pm, twice daily