



DR. COURTNEY
PLASTIC SURGERY

BLEPHAROPLASTY

Postoperative Care

POST-OP:

The first 24 hours are best spent resting. You must have someone with you at all times for the first 24 hours and he/she must also read these instructions carefully. You should have someone assist you when you start ambulating (moving around).

- **1 week follow up:** Will remove all sutures. Start lower lid compression massage and squinting.

DIET:

Resume a healthy, balanced, normal diet as you feel up to it.

ACTIVITY:

Minimize your activities with only light activity for the first week following surgery. Sleeping with your head elevated (ideally), but if you're unable to sleep, then you may lie flat.

SHOWER:

You may begin showering one day after your surgery, except for the face. Use lukewarm water.

DRESSING:

Clean incision sites twice a day with saline solution on a Q-tip and apply Ophthalmic Ointment with a Q-tip twice a day for one week. Apply saline-soaked iced gauze first to eyelid and then cover with frozen packs of peas/ ice packs for the first 48 hours post-op. Avoid makeup on the incision sites until 24 hours after the sutures are removed.

CLOTHING:

For ease in changing clothes without discomfort, wear clothing that does not require going over your head. Wear loose jogging type clothing on the day of surgery

MEDICATION:

Resume your home medications. Do not take any aspirin containing products or blood thinners (Goody's, BC Powder, Ibuprofen, Aspirin).

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received