

After Blepharoplasty Surgery Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Percocet: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Zofran: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Colace: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Zanaflex: This will help relax the muscles involved in your procedure, which will also help with pain control.

Although you have been given a prescription for pain medication, you may only need regular Tylenol or Ibuprofen and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use aspirin containing products which may increase your chances of bleeding complications.**

Surgical site care:

- You will need to use an eye ointment to your incisions twice daily. We recommend Systane Nighttime Eye Gel. You may pick this up from a local pharmacy.
- You can expect swelling and bruising. Be assured the swelling and bruising will gradually subside after the first few days.
- We recommend using cold compresses to help with swelling. You can use cold compresses 15 minutes per hour (while awake) for 48 hours after surgery.
 - Soak 2 X 2 gauze pads in iced water, wring out, and apply. Change when warm. These may be continued longer as desired for comfort.
 - Another useful option is to use a damp washcloth or gauze and place a small package of frozen peas on this, then apply to the eyelids.
- You may shower and wash your hair the next day after surgery.
- Make-up to cover any residual bruises can be worn after the 5th day.
- Do not wear mascara until 2 weeks after surgery. We recommend you buy a new tube of mascara.

Activities:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You will be able to ambulate the day of your procedure. You are not on bed rest.
- Rest with your head of the bed at about 30° elevation. Sleeping on two pillows will be more comfortable and helps to keep swelling down.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid bending, straining or lifting anything greater than 20 pounds.
- Do not engage in sexual activity for a minimum of two weeks after surgery.
- Hair coloring can be done three to four weeks after surgery.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.

Follow-up appointments:

- 1 week after surgery: Will check incisions and discuss scar care.
- 1 month after surgery: Check results and scars.

Watch for the following signs and symptoms. Notify the office immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the office if you have any questions.