



## CANADIAN PLASTIC SURGERY CENTRE

### **POSTOPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY**

#### **First 24-48 Hours After Surgery**

Arrange for a responsible adult to drive you home after your procedure.

Do not drive until your vision is clear.

#### **Medications & Other Treatments**

Recommended medications include:

- Arnica tablets
  - 3 tablets/day starting 3 days before surgery
  - Continuing for 2 weeks after surgery
- Prescription Fucidin Ointment
  - Apply to incision after suture removal for 1 week
- Natural tears eye drops to keep the eyes moist
- Cold compress/ice
  - Use once hourly for the first 3 days after surgery
- Limit screen time as this will tire out the eyes
- Tylenol
  - Take only as needed for mild discomfort

#### **Diet & Hydration**

Stay well-hydrated. Aim for at least 6-8 glasses of water per day. Avoid alcohol, caffeine, and salty foods in the early recovery period.

Try to consume a diet that is high in protein and fibre.



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### **Smoking & Vaping**

Do not smoke or vape during your recovery. Nicotine reduces blood flow and delays healing, increasing the risk of wound complications.

### **Dressings & Wound Care**

- Leave dressings in place unless otherwise instructed.
- Do not apply creams, ointments, or other products until your dressings have been removed and this has been approved by your surgeon/nurse.

### **Bathing & Showering**

- Do not submerge in water (baths, pools, hot tubs) until cleared by your surgeon/nurse.
- You may shower unless otherwise directed.
- Remember to pat incisions dry gently. Avoid scrubbing.

### **Mobility & Activity**

- Avoid strenuous activity, bending, exercise, or lifting more than 10 lbs, for at least 6 weeks.
- Once approved by your surgeon/nurse, you may gradually return to normal activities as tolerated.

### **Sleeping Position**

- Sleep on your back with your head slightly elevated and a pillow under your knees.
- Avoid sleeping flat or on your stomach or on your side.

### **Signs of Infection or Complication**



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Call our office if you experience:

- Fever over 38.5°C (101.3°F)
- Increased redness, warmth, or pus at incision site
- Severe pain not relieved by medication
- Swelling that is worsening on one side
- Foul-smelling drainage

For symptoms like pain in one calf, with redness, and warmth to the touch, please visit your nearest emergency department.

For symptoms like difficulty breathing or chest pain, please call 911.

### **Emergencies**

In case of a medical emergency, call 911 or go to your nearest emergency department. Then notify our office at [nursing@canadiansurgery.com](mailto:nursing@canadiansurgery.com) as soon as possible.

### **Contact Information**

**Clinic Phone (During Business Hours):** 437-523-4196

**After Hours Questions or Concerns:** [nursing@canadiansurgery.com](mailto:nursing@canadiansurgery.com)

**Follow-Up Appointment:** Date \_\_\_\_\_ Time \_\_\_\_\_

If you are ever unsure about something during your recovery, **please reach out.**

It's always better to ask than to guess.