

RICARDO A. MEADE. MD
Post-Operative Blepharoplasty

8/30/13

Instructions

- Have someone drive you home after surgery and help you at home for a few days.
- Follow a bland, balanced, LOW SODIUM diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet. Over the counter stool softeners are recommended to help prevent constipation.
- Take pain medication and antibiotics as prescribed. Do not take aspirin or any products containing aspirin for 2 weeks following surgery.
- DO NOT SMOKE, as smoking delays wound healing and increases the risk of wound complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics). Do not drive until you feel you have full range of motion with your arms.
- Sleep with your head elevated for several days to minimize swelling.
- Refrain from vigorous activity for 4 weeks.
- Body contact sports should be avoided for 6-8 weeks.
- You may return to work or social events in approximately one week.

Incision Care/Home Care

- Keep incisions clean with soap and water and inspect daily for signs of infection. You may wash your face using mild soap-taking care not to pull or rub your eye area. Pat dry, do not rub.
- You may cleanse the incisions/stitches on your eyelids 48 hours after surgery with half strength hydrogen peroxide (dilute with tap water) twice a day. Use a Q-tip to gently spread the peroxide along the incisions.
- Once you have cleaned the eyelids, use another Q-tip to spread a thin layer of Bacitracin Ophthalmic Ointment along the incision twice a day.
- Cleansing along the incision and applying Bacitracin Ophthalmic Ointment may be discontinued once all sutures have been removed.
- Avoid exposing scars to the sun for at least 12 months. Use sunblock, if sun exposure is unavoidable. (SPF 30 or greater)
- You may resume wearing make-up after 7 days if the incisions are completely healed and Dr. Meade has agreed.
- Use eyedrops or eye ointment as needed.

What to Expect

- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have a swiss eye mask (cold compress device) for the first 24 hours to help with lid swelling, bruising, etc.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, blurred vision.
- You may have difficulty closing your eyes when you sleep.
- If you wear contact lenses wait at least 2 weeks before wearing contact lenses.

Appearance

- Bruising and swelling of the eyelids may last 1-2 weeks
- Healing is gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny white head may appear after the stitches are taken out which can be easily removed by Dr. Meade.

Follow-Up

- IF YOU HAVE VISIBLE sutures, please call the office to schedule suture removal with Dr. Meade's Nurse approximately 3-5 days after surgery to have them removed.

IMPORTANT- Call the office (214-823-1691) for any increased redness, swelling, foul-smelling wound drainage, wound separation, severe/uncontrolled pain or temperature > 101.5. Do not hesitate to call for any other questions or concerns.

IF you have not already scheduled a **one week post-op appointment, PLEASE call the office at 214-823-1691 to set up your appointment.

Patient _____ Nurse _____ Date _____