

Corpus Christi Institute of Cosmetic & Plastic Surgery

POST OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

GENERAL INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and increase your fluid intake.
- Decreased activity may promote constipation, so you may want to add more ripe fruit to your diet. Prunes and prune juice work well for most.
- Take pain medications as prescribed. Do not take aspirin or any products containing aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Do not drink alcohol when taking pain medications.
- Refrain from drinking alcohol for three weeks following surgery, even when no longer taking pain medications, as alcohol causes fluid retention.
- If you regularly take vitamins with iron, resume these as tolerated.
- Do not smoke or consume nicotine, as smoking delays healing and increases the risk of complications.
- **Please get Arnica in the pill form. Take once a day starting the day of surgery once you get home. Continue taking it for 2 weeks post op. This will help with bruising.**

ACTIVITY RESTRICTIONS

- Start walking as soon as possible with assistance the day of surgery, this helps to reduce swelling and lowers the chance of blood clots. Starting the day after surgery, walk 300 feet three times per day with assistance daily.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending and lifting.
- Keep activities to a minimum for 3-5 days, and refrain from vigorous activity for two weeks.
- Social and employment activities can be resumed in 10-14 days.

INCISION CARE

- Use ice packs (not directly on the skin) 15 minutes on, 15 minutes off, continue for 2 hours increments several times during the first 48 hours. You may also use cold saline compresses for the first 24 hours for comfort.
- Generally, your hair can be shampooed anytime after surgery.
- Wait at least 6 weeks before wearing contact lenses or until cleared by your surgeon.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.

Initials_____

Corpus Christi Institute of Cosmetic & Plastic Surgery

POST OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

- Use artificial tears, 2 drops in each eye four times a day and lacri-lube ointment daily before sleeping for at least 6 weeks.

EXPECTATIONS

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have gummy eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

APPEARANCE AND SCAR CARE

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may be reddened for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out; can be easily removed by surgeon.
- Facial makeup can cover up bruising after the sutures are removed and cleared by your surgeon.
- Avoid exposure of scar to sunlight for 6-12 months. If unavoidable, use sunblock (SPF 30 or greater) with zinc oxide or titanium dioxide.

FOLLOW UP CARE

- Your post-operative appointment will be scheduled before surgery for your convenience.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects such as rash, nausea, headache, or vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

Initials_____