

Post-Operative Instructions for Blepharoplasty

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (775) 284-2020.

In Recovery: you will have sutures taped to face and cool compresses (eye pads) over eyelids. May experience blurry vision related to protective ointment placed in the eye for the first few days. Usually in recovery for about 30 minutes

First night home: Restrict your general activity to mostly resting for the first night. Drink plenty of fluids to help rid your body of the anesthetics. May remove eye patches when walking around and using the restroom.

Medication: Be sure to take your medication as prescribed. Swelling and discomfort increases over the first 3 days and will gradually subside after that.

Pain Medication Percocet or Norco): Only to be used as needed for 3 days. Always eat something before taking Narcotic regardless of time to help prevent nausea. Narcotics may cause constipation; you should use over the counter stool softeners while using Narcotics. After 3 days may use Tylenol only.

Anti-nausea medication (Zofran or Phenergan): If you get nauseated with pain medication; take your anti-nausea medication 20 minutes before pain pill.

Antibiotics (Keflex or Clindamycin): You will be instructed on when to start your antibiotics on the day of surgery.

Diet: Clear liquids or a soft bland diet for the first couple of meals is recommended. If you are able to tolerate this, you can resume a regular diet. Continue to avoid restricted medications for 2 weeks.

Hygiene: Shower from the neck down is ok but incisions stay clean and dry for 48 hours. Do not remove tape. Nurse will remove at 1 week appointment. Gentle cleansing only around the incisions.

Position: When sleeping and resting stay on your back and keep your head elevated to approximately 45 degrees for the first week.

Activity:

-For the first 3-5 days apply cool compresses to your eyelids every 1-2 hours while awake. Supplies will be provided in recovery.

-Dark glasses are suggested for a period of one week to prevent irritation from sun and wind and to rest the eyes, even when indoors. This also helps to hide the bruising.

- You may resume reading 3-5 days post operatively. Audio books are great during the first couple of days.
- Avoid smoke filled areas for 1 week after your procedure. This will decrease the possibility of coughing that may trigger bleeding.
- No alcohol for 1 week after surgery.
- Limit lifting, pulling, pushing, straining (including in the bathroom) for at least 7 days.
- Avoid bending over to pick things up from the floor for one week, bend at the knees.
- Use over the counter artificial tears prophylactically to prevent dry eyes and excessive tearing. Do not use products like Visine.

You can expect:

- You will be seen for your **First post op visit** at 1 week post-op. Tape at sutures will be removed by the nurse.
- If combined with Lower Blepharoplasty may have supporting suture near the outer corner of each eye that runs over eye and anchored to upper eyelid making it difficult to fully open the eyes. This is temporary and those sutures will be removed after 3 days.
- Sutures are secured with tape at temples and forehead. These must remain in place until 1 week appointment.
- You may resume non strenuous work in 7-10 days.
- Moderate discomfort, which should be relieved with the pain medications.
- Black and blue discoloration. Possibly bloodshot eyes.
- Slight oozing from the wound edges.
- Please keep eyes hydrated with artificial tears

Call the office if you experience:

- Severe pain not responding to the medications.
- Excess swelling, or obviously more swelling on one side than on the other.
- Significant changes in vision (anything more than mild blurring).
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus
- Any type of allergic reaction symptom such as rash, itching, etc.
- A fever over 100.4
- Call if you have any questions at **(775) 284-2020**