
BLEPHAROPLASTY POST OPERATIVE INSTRUCTIONS

IMMEDIATELY FOLLOWING SURGERY ~

- YOUR VISION WILL BE BLURRY DUE TO OINTMENT PLACED IN YOUR EYES DURING SURGERY
- REST WITH YOUR HEAD ELEVATED AND PLACE COLD COMPRESSES OVER YOUR EYES
- TAKE THE PRESCRIBED PAIN MEDICATION BEFORE YOU BEGIN TO FEEL DISCOMFORT, USUALLY WITHIN THE FIRST 2 TO 3 HOURS
- PLEASE ENSURE YOU ARE ACCOMPANIED FOR THE FIRST 24 HOURS FOLLOWING YOUR SURGERY DUE TO LIMITATIONS AND IN CASE OF COMPLICATIONS
- LIMIT YOUR PHYSICAL ACTIVITY TO DECREASE ANY CHANCE OF BLEEDING OR THE INCISIONS OPENING

PAIN: DEPENDING ON THE COMPLEXITY OF YOUR SURGERY, PAIN CAN RANGE FROM MINOR TO MODERATE DISCOMFORT. TAKE PAIN MEDICATION AS PRESCRIBED, PREFERABLY WITH FOOD TO REDUCE NAUSEA. PLEASE CALL OUR OFFICE IF YOU HAVE DIFFICULTY MANAGING YOUR PAIN.

SWELLING: SWELLING IS A COMMON AND NORMAL REACTION OF SURGERY AND A PART OF HEALING. SWELLING TYPICALLY PEAKS 2 TO 4 DAYS AFTER SURGERY AND SLOWLY SUBSIDES OVER THE NEXT FEW DAYS. IT IS RECOMMENDED TO CONTINUE COLD COMPRESSES FOR THE FIRST 48 HOURS. THIS WILL HELP YOU FEEL COMFORTABLE AS WELL AS LESSEN SWELLING AND BLEEDING.

SURGICAL SITE CARE: IT IS OK TO SHOWER THE DAY AFTER YOUR SURGERY BUT AVOID DIRECT WATER SPRAY ON YOUR FACE. CLEANSE YOUR EYES WITH GENTLE SOAP (LIKE BABY SHAMPOO) AND WATER 3 TIMES PER DAY, STARTING ONE DAY AFTER SURGERY. GENTLY PAT DRY, **DO NOT WIPE OR RUB YOUR EYES**. AFTER YOUR EYES ARE DRY, CLEANSE THE INCISIONS WITH **1 PART WATER TO 1 PART HYDROGEN PEROXIDE**, APPLIED WITH A Q-TIP AND THE ANTIBIOTIC OINTMENT GIVEN TO YOU, SHOULD BE APPLIED IMMEDIATELY AFTER.

ADDITIONAL POSTOPERATIVE INSTRUCTIONS ~

- **DO NOT SMOKE OR CONSUME ALCOHOL FOR AT LEAST 3 TO 4 WEEKS.** THESE ACTIONS CAN SIGNIFICANTLY DELAY YOUR HEALING PROCESS.
- REST AS MUCH AS POSSIBLE BUT LOW IMPACT ACTIVITIES LIKE WALKING ARE OK. ALL HIGH IMPACT ACTIVITIES SHOULD BE AVOIDED FOR AT LEAST 3 WEEKS.
- WEAR SUNGLASSES OFTEN TO AVOID DIRECT SUN EXPOSURE
- RETURNING TO NORMAL FUNCTION CAN TAKE UP TO 10 TO 14 DAYS
- PLEASE CONTACT US IMMEDIATELY IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:
 - **FEVER EXCEEDING 101 DEGREES**
 - **PROGRESSIVE OR ONE-SIDED PAIN AND SWELLING**
 - **VISUAL CHANGES**
 - **LOSS OF SENSATION**
 - **DIFFICULTY CLOSING YOUR EYES**
 - **PROGRESSIVE BLEEDING, BRUISING OR SWELLING**
 - **RASH, YELLOW OR GREEN DISCHARGE AROUND THE SURGICAL SITES**

IF YOU HAVE OTHER QUESTIONS OR CONCERNS PLEASE REACH OUT TO OUR TEAM. IF OVER THE WEEKEND PLEASE CALL 206-641-7212 AND FOLLOW THE PROMPTS.