

HOME CARE INSTRUCTIONS FOR BLEPHAROPLASTY

BEFORE SURGERY

- Arrange to have someone drive you home and remain with you no less than 24 hours.
- Please do not take aspirin or non-steroidal anti-inflammatory drugs (“NSAIDs”/Ibuprofen) for 14 days prior to surgery because they may cause bleeding (see accompanying list). If you have been placed on aspirin or other blood thinners, only discontinue after discussion with your prescribing physician.
- Please alert our staff if you have ANY allergies, including food or environmental, and if you have any metal in your body or a cardiac device.

AFTER SURGERY

What to expect:

- Temporary bruising, swelling, and tightness of the eyelids are normal. The eyes may feel dry and have mild discharge. Your vision may be blurred and the eyes may be blood shot.
- You may have difficulty closing your eyes the first few days.
- Maximum swelling and discomfort will occur in the first few days then improve with each day.
- Often absorbable sutures will be used and do not need to be removed. If non-absorbable sutures were used they will be removed in the first week.
- Avoid rubbing or pulling on your eyelids. You may use clean wet cotton tip applicator or moist compresses to gently remove any crusting that accumulates.
- Ice should be applied to the eyelids for 20 minutes per hour while awake for the first 72 hours to decrease swelling and discomfort.
- Apply ointment gently to the skin incisions three times daily. The vision may seem blurry if ointment mixes with the tears, but this is normal. Use over the counter artificial tears frequently (as needed). Again, avoid manipulation of the eyelids. Tape eye shield(s) over operated eye(s) while sleeping for 2 weeks after your procedure.

Activities:

- Rest for the first 24-48 hours.
- Avoid bending and lifting for 1 week (and all strenuous activity for 3 weeks) after surgery to minimize the risk of bleeding. You may resume light activity (walking) after the first night.
- You may shower after 24 hours. Avoiding spraying water directly on the face or incisions. Do not rub your eyelids.
- Continue to take your routine medications as prescribed by your primary physician during the postoperative period. This includes eye drop(s).
- Please avoid aspirin or non-steroidal anti-inflammatory drugs (“NSAIDs”/Ibuprofen) for one week, if possible, because they may cause bleeding. Acetaminophen (Tylenol) may be taken if needed for pain.
- Driving is not advisable for the first 3-5 days after surgery.
- Please avoid swimming and hot tubs for two weeks.
- Avoid smoking as this delays healing.
- Stop wearing contact lenses until approved by your doctor.

Follow-up care:

- The scar may remain slightly pink for approximately 6-12 weeks.
- Avoid sun exposure to the scar by wearing hats and using a good quality sunscreen for 1 year.

When to call:

- If you have any increased redness, yellow or green discharge from the incisions, fever, bleeding that is difficult to control with light pressure, loss of vision, severe pain not relieved by pain medicine, please call immediately.
- A very rare, catastrophic hemorrhage accompanied by forward movement of the eye, pain, decreased vision, and inability to move the eye is an emergency. Please contact us immediately.
- If you have any questions or concerns, please call the Southtowns Eye Center, 674-6030