



BLEPHAROPLASTY

Post -Operative Instructions

ANY SUDDEN DECREASE IN VISION OR PAIN UNRELIEVED BY MEDICINE OR LARGE SWELLING, ESPECIALLY IF ONLY ON ONE SIDE, OR SUDDEN ONSET OF BRIGHT RED BLEEDING SHOULD BE REPORTED TO THE OFFICE IMMEDIATELY.

General Instructions:

1. Sleep on your back with your head elevated at least 30 degrees for one week after surgery. This can be accomplished by using 2-3 pillows to gain satisfactory elevation. This will help to minimize the amount of facial swelling and bruising around the eyes after surgery.
2. To help minimize swelling and discomfort, you may apply ice cold compresses to the eyes for twenty minutes every hour while awake for the first 48 hrs after surgery. For compresses, obtain a small clean bowl full of ice and cold water, soak large gauze pads in the cold water, then squeeze out the excess water and place on the eyes. Keep pads on eyes until they lose their coldness, and repeat. **NEVER** place ice cubes or ice packs on the eyes directly.
3. Avoid bending over or lifting heavy things for one week. Besides aggravating the swelling, this may raise your blood pressure and cause bleeding.
4. Be sure to finish the full cycle of antibiotic pills that were prescribed to you.
5. Apply Bacitracin Ophthalmic Ointment to the eyelid incisions twice daily or as needed to keep the incision sites moist. The moist environment will allow better healing and prevent crusting at the incision sites.
6. If you experience pain, take the prescribed pain medications as directed. It is important to **NOT** take this medication on an empty stomach because it can cause nausea. You may **ONLY** take Tylenol in place of the prescribed pain medication but be sure not to take both at the same time.
7. If you experience nausea, do not hesitate to take the prescribed medication.

8. It is important to keep your eyes moist after surgery to prevent dryness. Obtain artificial tears from your local pharmacy and apply at least 2-3 drops in both eyes every 2-3 hours. We recommend Refresh Plus Lubricant eye drops. At bedtime, a lubricating eye ointment is suggested because it will provide longer acting effects while sleeping. We suggest Refresh PM or Refresh Lacrilube. Please follow package instructions, and take care not to pull down the lower eyelid aggressively when applying the ointment, as this might disrupt your sutures if you have had a lower eyelid procedure. The ointment may cause blurred vision; it can be washed out with the eye drops.
9. Avoid straining from constipation, since this will also raise your blood pressure. If you feel you are constipated obtain Colace (a stool softener) from your pharmacist. No prescription is required.
10. Avoid hitting or bumping your face and eyes. It is wise not to pick up small children.
11. Avoid sun exposure to the face during the first month after your operation. Your incisions are more susceptible to the sun's rays, and they can darken and become more noticeable with sun exposure. After they have healed sufficiently (about 10 days), you can apply SPF 15 or higher sunblock over the incisions for protection when in direct sunlight.
12. Do not tweeze your eyebrows for two weeks.
13. You may take a shower or bath the day after surgery.
DO NOT get your eyes wet. You may gently wash your face with a cloth, and pat dry.
14. **Please avoid all forms of nicotine for two weeks before and after surgery. Use of nicotine may increase the risks of unnecessary postoperative complications. In general, be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.**

Swelling

Every operation, no matter how minor, is accompanied by swelling of the surrounding tissues. The amount varies from person to person. The swelling itself is not serious and is to be expected after your surgery. The main thing to remember is that swelling eventually subsides.

Discoloration

It is expected to have varying amounts of discoloration around the eyes. Like swelling, this is temporary and varies from person to person.

You can camouflage the discoloration to some extent with makeup, and we will tell you at your office visit when cosmetics can be applied. **DO NOT apply makeup until all your sutures have been removed, and you have been given approval by the nurse or doctor.**

Discomfort

If you have discomfort after your surgery, the application of iced compresses should be effective. You will be given a prescription for a pain medication which you should take according to the instructions on the label. If this does not relieve your discomfort, or if the pain is greater on one side than the other, please notify the office. If the office is closed for the night, the answering service will get in touch with the doctor.

Temperature

Generally, the body temperature does not rise much above 100 degrees following eyelid surgery. The slight rise is usually due to dehydration caused by insufficient fluid intake. It is not uncommon to feel warm to the touch when you actually do not have a fever. To be sure, use a thermometer to measure your temperature. Report any persistent temperature above 101 degrees to the office.

The Healing Phase

1. Swelling may persist somewhat longer than you may have anticipated. Take heart; we have never encountered a case yet where it did not ultimately subside. The same is true for discoloration.
2. If you have nasal allergies or sinus trouble, you should take antihistamines to decongest your nose. Nasal congestion can contribute to the swelling and discoloration.
3. On rare occasions, the whites of one or both eyes may become partially discolored. This is painless. It will not harm your vision, and it will eventually clear without medical treatment.
4. During the first several days following surgery, the incisions will be hard to see. Next, they go through a period of slight swelling and will possibly redden. Later this subsides and they become virtually imperceptible. This is the way scars normally

mature. Any unevenness of the edges of the incisions or lumpiness of the scars is usually temporary, and will subside with time. Cosmetic or cortisone creams may be used to minimize the visibility of your incisions during this process. If an incision was made inside the eyelid, the scar will not be visible.

5. Occasionally, small cysts which resemble ordinary whiteheads will appear beside the upper lid incisions. Like whiteheads, they will disappear when their contents are expressed in the office. They may occur in the lower eyelids as well, although this is rare.

6. Patients often experience some blurring of vision for two or three days after the operation. This is generally due to the swelling and/or the ointments being used to lubricate your eyes and will clear up spontaneously.

Resuming Normal Activities

1. You may begin wearing glasses or sunglasses the day following surgery. **DO NOT** wear contact lenses for at least 4 to 6 weeks after your surgery. Wrap-around sunglasses are preferable, since they protect the incisions from the sun's rays.
2. **DO NOT** participate in any strenuous activity or exercise for at least one month after surgery or when cleared by your doctor.
3. Plan to return to work no sooner than four or five days after your surgery. A full week of recuperation would be ideal. Even after one week, you may feel more comfortable wearing large framed sunglasses when you are out in the public eye, if you are at all self-conscious about your bruising.
4. False eyelashes should not be worn for ten days following your operation.
5. Do not apply hair coloring until three weeks have elapsed since your surgery.

Remember

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater.**

In case of emergencies:

For any after-hour emergencies please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

1. Baptist Hospital
8900 North Kendall
Miami, FL 33176
786-596-1960
2. South Miami Hospital
6200 SW 73 Street
South Miami, FL 33143
786-662-4000
3. Larkin Hospital
7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500