



POST OPERATIVE INSTRUCTIONS BLEPHAROPLASTY

1. Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.
2. While resting, keep your head and shoulders elevated on at least two pillows for the first 2 days after your surgery.
3. Do not be alarmed if you continue to swell, as swelling reaches its peak at 48 to 72 hours.
4. Beginning the day after your surgery, your incision lines should be cleansed twice daily with hydrogen peroxide diluted to half strength with water using cotton tipped applicators (IF INCISIONS ARE NOT COVERED). After cleansing, apply a thin layer of Polysporin Ophthalmic Ointment.
5. Your vision will be blurred after waking up from surgery because eye ointment will be placed in your eyes intra-operatively to keep them moist and lubricated. You may not be able to close your eyes completely due to the swelling. **You must lubricate your eyes with Celluvisc drops during the day as needed and apply Lacrilube at bedtime to prevent dryness.**
6. **DO NOT** sit or sleep under a ceiling fan or air-conditioner as this will dry the eyes.
7. Remember, **DO NOT SMOKE** and avoid places where people smoke. This is critical for your healing process.
8. A light diet is best the day of your surgery. Begin taking liquids slowly if they are tolerated. You can start a regular diet the next day.
9. If you have pain or discomfort take the medication prescribed for you. **It is necessary to take the medication with food to avoid stomach upset.** If you are not having pain, do not take the pain medication. Do not take aspirin or aspirin products or ibuprofen, and do not consume alcohol while on medication.

10. You may wear make-up so long as it does not interfere with your suture lines. You may wear eye shadow one week after surgery and eyeliner and mascara two weeks after surgery. You may wear contact lenses after the swelling has gone down.

11. Bruising and swelling are normal and will dissipate with time. If you experience pain, a fever above 101F, excessive bleeding or drainage, yellow drainage in your eyes, rapid swelling, injury to your incision sites, or other problems relating to your surgery, please call the office immediately.

12. Pain medications and anesthesia may cause constipation. Please drink at least 8 glasses of water per day and inform us if you have not had a bowel movement in 2 days after surgery.

13. You may gradually resume normal daily activities, being careful to avoid any activities that cause pain or discomfort. You may begin driving when you are no longer taking medications that cause drowsiness.

14. You may wash your face with a mild soap two days after surgery, but do not rub your eye lids.

15. Your eyes may be red after surgery. This is normal and will disappear as the swelling decreases. Sutures are generally removed after 5 days.

16. Avoid direct exposure of the sun to incisions for at least 12 months after surgery as they will be extremely sensitive to sunlight during the healing phase. Use a sunblock with UVA and UVB protection if incisions are exposed to sunlight or tanning beds.

17. Please take all medications as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call the office.

If at any time you have any questions, problems, or concerns, please contact the office at (512) 600-2888. After hours, if it is an emergency, listen to the recording for instructions.