

HAND & PLASTIC SURGERY CENTRE, P.L.C.

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Surgery of the Hand & Upper Extremity
Microvascular Surgery
Plastic & Reconstructive Surgery

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BLEPHAROPLASTY POST-OP INSTRUCTIONS

AT HOME AFTER EYELID SURGERY:

- Following your eyelid surgery it is expected that you may experience bruising, swelling, soreness around the eyes, tightness, dry eyes or insufficient tearing, double or blurry vision, and difficulty closing your eyes. These will lessen each day as healing progresses.
- Swelling and bruising will peak after 2-3 days and may last for about 2 weeks or more following surgery. You can help lessen this with the application of a moist, cool gauze pack on your eyelids for the first 24 hours as much as possible. Wear these packs for a half-hour every hour.
- For the first 72 hours, sleep with your head in an elevated position, either in a recliner with your head elevated or sleeping on 2-3 pillows. No lifting or bending over.
- There will be a slight bloody dripping or oozing. Don't get alarmed. If it seems that it is bleeding more than you think "is right" call the office.
- Double or blurry vision should resolve within a few days-if this issue persists for longer than 3 or 4 days, please contact your physician.
- You may notice that it is difficult to close your eyes all the way for the first couple of days following surgery; this is not unusual and should improve within a few days. You may need to protect the eye with soft gauze packs or use refresh PM ointment while you are sleeping until your first post-op visit. ***If your eyes are dry or scratchy, you may use Refresh tears as needed.***
- You may apply ophthalmic antibiotic ointment to eyelid incisions if your physician has ordered you to do so.
- Please avoid wearing contact lenses and reading for about 2-3 weeks, as this may cause dry eyes and irritation.
- Please ask your physician before you begin taking aspirin or other anti-inflammatory medications, as these can create greater risk for bleeding.

OTHER POST-OPERATIVE INSTRUCTIONS:

- The following day of your surgery you may shower as soon as you are comfortable, but be sure to wash the area of sutures gently.
- Your incisions are made along the eye's natural folds and the sutures are located at the top and lateral (side) eyelid, and will be removed within 5-7 days following surgery.
- Normal activities can be gradually resumed after 2 weeks. Strenuous activities may be gradually resumed after 3 weeks.
- Avoid sun exposure to new incision areas. These areas are very sensitive to sunlight and can be easily burned for up to a year following surgery. We recommend sunscreen to all healed incisions.

•Returning to work will vary depending on the job type. Generally you will be able to return to work approximately 7-10 days following surgery. You may discuss this issue with your physician at the time of your post-op visit.

GENERAL INFORMATION:

- Swelling and bruising will almost always be more than you expected. Bruising generally subsides in 7 days. Most of the swelling subsides in 2 weeks. It will continue to improve for 2-3 months.
- Scars have a tendency to redden and become more noticeable a few weeks after eyelid surgery. However, the redness will fade with time.
- Discoloration of the whites of the eyes may occur if there's a lot of swelling. This is painless, will not harm your vision and will disappear completely.
- Swelling may generate small imperfections such as slight asymmetry; this should continue to improve as your swelling resolves.

WHEN TO CALL (616) 459-4131:

- Fever of 100.5 or greater
- Unusual swelling, redness, bleeding or increase pain
- Persistent vomiting
- Develop hives, diarrhea, or other reactions to medicine
- Any other questions or concerns

Please remember that for the vast majority of patients the goal is significant improvement, not perfection. Please contact the office at (616) 459-4131 should you have any questions or concerns.

POST-OP APPOINTMENT: _____

PRESCRIBED MEDICATION(S): _____

Please take Narcotic/OTC medication as directed and as needed. DO NOT drive or operate machinery if you are taking a narcotic. If you are prescribed antibiotics, take as directed until gone. Taking an incomplete course can lead to recurrence of infection. Please take antibiotics with food as this may cause upset stomach. Please ask physician before you begin taking aspirin, motrin/ibuprofen or other anti-inflammatory medications, as these can increase risk of bleeding. ****IF NAUSEATED, TRY NON-ACIDIC LIQUIDS, DRY TOAST OR OTHER BLAND FOODS****

Patient Signature: _____ **Date:** _____

Hospital Staff Signature: _____ **Date:** _____

Physician Signature: _____ **Date:** _____