

Blepharoplasty Post-Operative Discharge Instructions

Diet:

Resume your regular diet. Start slow and bland (crackers, toast), then work up to normal foods.

It is important to drink plenty of fluids so that you do not become dehydrated.

Wound Care:

Apply a light coat of antibiotic ointment (erythromycin or polysporin) to your incision 4 times per day for 1 week.

It is very important to not let the corneas get dry or scratched. Use the prescribed erythromycin ointment (or other if allergic) inside the eyelids prior to sleeping at night or napping during the first week to prevent drying. Take care to not pull on your incision/closure while applying eye drops and ointment. For example- if you had upper lid surgery, you can gently open the lower lid to apply a drop of ointment. If you had lower lid surgery, gently open the upper eyelid to apply.

Use any prescribed eye drops or lubricants throughout the day

It is okay to shower in 48 hours with indirect water onto your incision (soap and water can lightly run over area, but do not soak area or submerge under water). After your shower, gently pat area dry and apply antibiotic ointment.

Apply cold packs (ice in a moistened towel or frozen gel pack) to eyes for 10-15 minutes every 2 hours (other than sleeping at night) for the first 3 days after your surgery. This will help reduce some bruising and swelling.

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications.

Activity:

Keep your head elevated 30-40 degrees at all times for 1 week. Use additional pillows or sleep in a reclining chair if necessary.

Avoid bending over, strenuous activity, exercise, or lifting anything greater than 5-10 pounds (a gallon of milk) until cleared at follow-up. These can increase the blood pressure in and around the eyes which can lead to bleeding, bruising, and swelling.

Avoid activities that may risk injury to your surgical site.

No driving while taking narcotic pain medications.

Medications: See Patient Visit Summary for list of medications. Do not take pain medications on an empty stomach as this may increase nausea. **Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve)** for the first week after surgery as these can increase bleeding.

Tylenol/acetaminophen does not cause bleeding.

Pain medication: You may be prescribed Percocet or Norco for postoperative pain unless allergic or intolerant.

Tobradex ophthalmic solution- One drop twice daily for 5 days (each operated eye) – often just for lower eyelid surgery.

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store. It is also okay and recommended to take MiraLAX® to help relieve postop constipation for the first 1-2 weeks until you feel regular again. Milk of Magnesia and Magnesium Citrate are additional over the counter items that can help with temporary constipation.

Other:

Do not apply eye liner, eye shadow, other eye makeup, or apply false eyelashes until cleared by your surgeon at your follow-up

You may wear your eye glasses or sunglasses the day after surgery.

Avoid hairdryers for the first week

No tweezing eyebrows for 2 weeks

No hair coloring for at least 2 weeks

Follow up: With your surgeon in 5-7 days. Call office for specific appointment date and time if you do not already have one.

Office contact number: 314-501-9100

Results:

It is common to have swelling and discoloration around your eyes for up to 2-3 months after your surgery. Often your final result is not until 6-12 months postoperatively. Lower lid surgeries often have more swelling than upper lids.

It is common to have mild blurry vision for the first few days due to swelling, ointments, or medications. *Any loss of vision, significant eye pain, or swelling you need to call the office or seek help immediately.*

Your scars will initially be more prominent (reddish pink, or dark brown depending on your skin color) for the first few months. This will fade as you heal, and likely become nearly imperceptible. Slight unevenness, firm areas, or lumpiness will usually resolve as the scar matures.

Avoid sun exposure to your scar for 1 year after surgery. Wear sunscreen or sunglasses as directed by your surgeon.

Other Instructions:

Should you experience any of these symptoms call the office:

- Fever of 102 degrees Fahrenheit or greater
- Persistent pain, nausea, or vomiting.
- Persistent bleeding.
- Shortness of breath.
- Significant redness or drainage from your incision.
- Significant leg swelling or calf pain
- Any other questions or concerns.

During business hours (9am – 4:30pm) call:

Chesterfield Plastic Surgery Office: 314-501-9100

On nights or weekends call:

Hospital exchange: 866-830-0636

Any loss of vision, significant eye pain, or swelling you need to call the office or seek help immediately!

General Postsurgical Instructions

You may expect to feel dizzy, weak, and drowsy for as long as 24 hours after receiving the medicine that made you sleep (*anesthetic*). The following information pertains to your recovery period for the first 24 hours following surgery.

Do not drive a car, ride a bicycle, participate in physical activities, or take public transportation until you are done taking narcotic pain medicines or as directed by your caregiver.

Do not drink alcohol or take tranquilizers.

Do not take medicine that has not been prescribed by your caregiver.

Do not sign important papers or make important decisions while on narcotic pain medicines. Have a responsible person with you.

Blepharoplasty PostOp Instructions - Dr Geiger
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