

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER BLEPHAROPLASTY – IN OFFICE

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Apply moist gauze to both eyes and then ice packs to both eyes until your visit the next day. Apply 20 min. on and 20 min. off.
- Keep head elevated at least 45 degrees for 2-3 days.
- Sutures will be removed 3-5 days after surgery.
- May shower the morning after surgery.
- **Apply *Bacitracin* ointment (packets supplied by the office) to the incision to keep the incision continuously moist. Do not get in your eye.**
- **Small tube- eye lubricant-** apply to inside lowerlid only if eyes dry or not closing all the way if instructed.

2. Activity Restrictions

- Avoid strenuous activity for 10-14 days.
- Avoid Alcohol and Smoking.
- Avoid sun exposure to incision(s) as long as they remain red in color.

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10-14 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- Eyelids may feel tight, sore and numb.
- Swelling and bruising is normal.
- Eyelids may feel dry, may burn and may itch.
- First few weeks you may experience tearing, light sensitivity, temporary changes in eyesight.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.