



POST-OPERATIVE INSTRUCTIONS - BLEPHAROPLASTY (EYE-LID SURGERY)

Patient Name: _____ **Date of Post-Op:** _____

6 Month Follow Up: _____

Medications:

Be sure to take all antibiotics as directed until you finish the prescription. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (e.g.: Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor. Avoid Vitamin E, Herbal meds or teas, Fish Oil & Alcohol. An over-the-counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation.

Dressing – Shower – Bath:

You may shower 2 days after surgery. Do not let water hit directly on your face; instead, direct the water on the top of your head and let it run gently down over your face. Pat dry. No tub baths until wounds are completely healed.

Diet:

You will commence with a clear liquid diet, and then progress to your regular diet if you experience no nausea.

Activity – Exercising:

Slow walking is allowed anytime. Brisk walking may be resumed in 3 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed 4 to 6 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. Do NOT drive a car for 7-10 days or until off narcotic pain medication.

Sutures:

Sutures will be removed from the upper eye lids 5 to 6 days after surgery. Make up may be worn after sutures are removed AND all scabs are gone.

Post-Op Care:

Use the artificial tears to rinse out the eyes 3 times a day. It is not uncommon for the eyes to itch and be dry. This is due to swelling in the eyes internally and externally. You may experience bruising and swelling of the eye for 7 to 21 days after surgery. Use cool compresses to minimize bruising but avoid using ice directly to the skin. Sleep with your head elevated approximately 45 degrees above your heart for the first 2 weeks after surgery by using 2-3 pillows to prop your head. This will help to minimize the bruising and swelling. You may also find it more comfortable to sleep in a recliner for the first 2-3 weeks. Watch for spreading redness or unusual swelling. Call the office immediately if you do. **NO TRAVEL FOR 2 WEEKS POSTOPERATIVELY!!!**
Make plans accordingly.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

FACIAL COSMETIC SURGERY • THE REFRESH LIFT™ • BREAST AUGMENTATION & LIFT • BODY SCULPTING & LIPOSUCTION • TUMMY TUCK

DERMAL FILLERS & INJECTABLES • AESTHETIC SERVICES • BODYTITE • FACETITE • MORPHEUS • CLINICAL GRADE SKINCARE

2950 TERRA CROSSING BOULEVARD • LOUISVILLE, KY 40245 • 502-589-5544 • 502-561-0040 FAX • WWW.DIGENIS.COM