



POST-OPERATIVE INSTRUCTIONS – TRANSCONJUNCTIVAL BLEPHAROPLASTY

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

Pre-Operative:

- Start Tobradex Eye Drops 2 DAYS PRIOR TO PROCEDURE.
- Use 1-2 drops per eye 3x a day.
- Bring the eye drops with you to the hospital the day of surgery because you will continue to use postoperatively.
- 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 narcotics may cause constipation.

Post-Operative:

- Continue Tobradex 1-2 drops per eye 3x a day, OR Prednisone eye drops 2 drops per eye 3x a day AND antibiotic eye drops 2 drops per eye 3x a day.

Instructions for Care:

- Use Ophthalmic Bacitracin Ointment in the eyes for the first 3-5 nights to lubricate the inner eyes and prevent dryness.
- In the mornings, wash out the ointment with Artificial Tears and use during the day as needed.
- You may shower after 2 days. Let the soap and water run over the incisions (no rubbing with cleansers). The purple surgical marker will wash off after several washes.
- No Tub baths until wounds have completely healed.
- Do NOT drive a car for 7-10 days or until you are completely off narcotics.
- No heavy lifting over 5 pounds or strenuous activity.
- 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**

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