

BLEPHAROPLASTY POST OPERATIVE INSTRUCTIONS

WHAT TO EXPECT:

RECOVERY: You will be wearing ointment over the treated area for about one week after surgery. Most people will want to take a week off of work.

PAIN: You should have minimal discomfort. The treated areas may “burn” or “sting” for the first 2 or 3 days. Tylenol® or other acetaminophen pain reliever should be all that you need. If stronger medicine is needed, please call Dr. Rotter. NEVER TAKE ASPIRIN, MOTRIN®, ADVIL® OR SIMILAR PAIN RELIEVERS!

BLEEDING: You may experience a little bleeding from the incisions in the first 2 or 3 days, usually no more than a few drops. Use moderated pressure to stop the bleeding. Severe bleeding or pressure around the eye causing pain, or loss of vision or protrusion of the eye is an emergency: You need to be driven to the hospital immediately.

SWELLING: You will be swollen after surgery. The swelling will be most pronounced upon awakening. The swelling may last several weeks, however, most of the swelling will resolve in the first two weeks. It is helpful to sleep propped up on pillows – try not to lay flat for the first few days. The ice mask or similar ice pack (or a bag of frozen peas or ice in a towel) should be applied for 20 minutes every hour for the first two days.

NUMBNESS: Your upper eyelids especially may feel numb during the first few months after surgery. Sensation will gradually return as the nerves, which were cut during surgery, grow back.

SUTURES: The sutures in your upper eyelids will be removed in one week. Occasionally the incision is closed with absorbable suture (they usually absorb in 5 to 7 days). Keep a thin film of antibiotic ointment over the sutures for the first week.

GENERAL CARE:

1. MEDICATIONS

OINTMENT – If your eyes feel dry and scratchy, you may use the antibiotic ointment up to 4 times a day. A helpful hint when applying the ointment is to look up and squeeze a moderate amount of ointment on the lower lid margin. You can do this by looking in a mirror and tilting your head. If the ointment causes excessive blurring of your vision, you may use eye drops as an alternative during the day.

DROPS – Use the drops 4 times per day. Apply the drops by lying down. Close your eyes and place the drops in the inside corner of your eyelids next to your nose. When you open your eyes the drops will run in.

1. **BATHING:** You may bathe or shower. Do not let the shower hit directly on your eyelids.
2. **EXERCISE:** NO EXERCISE FOR 7 DAYS! NO BENDING OVER OR LIFTING!
3. **COSMETIC USE:** You may use cosmetics on your eyelids after 5 days. No aloe or Vitamin E containing products for 2 weeks.

WHAT TO WATCH FOR:

1. **INFECTION:** Infections are uncommon, but can occur. Let us know if you develop a high fever or a marked change in the swelling of your eyelids.
2. **WOUND SEPARATION:** Occasionally the eyelid wound will separate before it is completely healed (usually because you unconsciously rub your lids while sleeping). Most often the separation is too small to treat and will close itself, just keep the area covered with antibiotic ointment (i.e. bacitracin).
3. **SCARRING:** Scars are usually minimal because the eyelid skin is so thin.

YOUR FIRST POSTOPERATIVE VISIT WILL BE THE DAY FOLLOWING SURGERY.

KEY POINTS:

- ◆ KEEP HEAD OF BED ELEVATED
- ◆ NO BENDING OR LIFTING OR STRAINING
- ◆ NO EXERCISE
- ◆ WATCH FOR EXCESSIVE BLEEDING OR PAIN
- ◆ A CHANGE IN VISION OR PROTRUSION OF THE EYE
OR SEVERE PAIN IS AN EMERGENCY
- ◆ TAKE ONLY TYLENOL® OR PRESCRIBED PAIN RELIEVERS
- ◆ USE YOUR ANTIBIOTIC DROPS/OINTMENT AS DIRECTED
- ◆ KEEP YOUR BLOOD PRESSURE NORMAL OR LOW