

**POST OPERATIVE INSTRUCTIONS
BLEPHAROPLASTY**

Patient Name :
Surgical Facility:

DOB:
Surgery Date:

ACTIVITY

- Quiet.
- Gradually increase activity as tolerated.
- No sexual activity for 4 weeks after surgery.
- No heavy exercise, bending, lifting, bathing, swimming, smoking, or sports for 4 to 6 weeks following surgery or until advised by your doctor.

POSITION

- Elevate head at all times 45° or more when you rest or sleep for the first week after surgery.

ICE PACKS

- Will help minimize bruising and swelling.
- Frozen peas work well.
- DO NOT apply ice directly on skin.
- Apply 20 minutes on / 20 minutes off for 48-72 hours after surgery.

WOUND CARE

- If present, leave tapes in place until next appointment.
- Clean visible incision with Q-tip 3 times a day using tap water DO NOT USE HYDROGEN PEROXIDE around the eyes.
- Apply a thin layer of Bacitracin ointment to prevent crusting on stitches. Do not put on tapes. Use ointment for 5 days.

DRIVING

- Driving restricted for 2 days after surgery and while taking prescription pain medication.

SHOWER

- You may shower 2 days after surgery.

TED HOSE

- Wear TED hose (compression stockings) for the first week AND until walking usual daily amount.

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WHAT TO EXPECT AS YOU RECOVER

- Your eyes may feel "dry and scratchy" for a week after surgery. Over the counter saline eye drops or wetting solutions may provide relief.
- Light sensitivity is normal for several days and you will have blurred vision post up due to swelling and the use of eye ointment.
- Avoid prolonged reading or TV viewing first week following surgery.
- Take all medication as instructed.
- Use glasses but not contact lenses or 3 weeks or whenever your surgeon gives approval .

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 101° F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(949) 720-3888***

Patient Signature

Date

Witness Signature

Date
