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Postoperative Blepharoplasty Instructions

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it.
2. Elevate, your head on at least two pillows for three weeks. This is to keep the swelling down.
3. Use ice compresses on your eyes for 48 hours. A partially frozen bag of peas placed over the eyes works well also. It is not necessary to use the compresses thru the night, but begin the cooling again in the morning.
4. Gently, clean the crusts on the incisions with Peroxide and Q-tips twice a day and as needed. Apply Vaseline/Aquaphor with a Q-tip to the **incision lines** until sutures are removed. Discontinue this if you develop redness, rash or itching. Application of ointment to the eyes may be stopped when the crusts are gone and the lids close completely.
5. Patients who have had both upper and lower eye lid surgery may not be able to close their eyes for the first several days after surgery because of the swelling. This is normal and will improve. You should purchase "Refresh Plus" at a drug store to use as needed during the day to prevent eye irritation. Lacrilube ophthalmic ointment or Refresh PM is put **in each eye** at bedtime to prevent drying during sleep. The ointment is used at night because it is thicker and lasts longer than the drops. The ointment may be washed out of the eyes in the morning with the Refresh Plus to clear blurred vision. Patients who have only the lower lids done will probably not need any ointment. A sleep mask at night may be helpful to prevent dry eyes.
6. Report any severe or one-sided swelling and/or excessive bleeding. Blurred vision is normal because of the swelling and the ointment that is put in the eyes.
7. Make-up may be used to camouflage bruising, but not directly on incision until 2 weeks after surgery and all the crusting is gone. Bruising is normal for the first 5-14 days. Sunglasses can be very helpful.
8. For those patients who have had lower lid surgery, beginning the day of surgery, the lower lids should be lifted in the upward direction to ensure proper lid position and to decrease swelling. This movement is done with the index finger on the same side as the eyelid being moved. The finger is placed under the lower lid lashes on the incision and simply lifted up to move the lid over the lower portion of the eye. This is very important and should be done three times a day for three repetitions holding the lid up for three seconds each repetition.
9. Occasionally the outside of the white part of the eye will swell and appear like jelly. This temporary condition is treated with compression and eye drops. Please notify your doctor if you note this finding. This is not an emergency and will resolve with proper care.
10. Avoid any activity that causes an elevation in blood pressure for three weeks. This includes exercise, straining at bowel movements, sex and even stressful situations. Elevated blood pressure can lead to bleeding requiring surgery.
11. Move your legs and feet often to prevent dangerous blood clots in your legs. Taking big breaths and cough. This restores normal lung function after anesthesia.
12. Please call our office if you have questions or concerns. Your post op appointment is scheduled for_____.