

POST OPERATIVE BLEPHAROPLASTY INSTRUCTIONS

Introduction

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

It is important to keep cold compresses on the eyes the first 8 hours after surgery. It is also important for you to keep your head elevated the evening after surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath the head. Avoid rolling onto your face. This care will be reviewed the morning following your surgery:

1. Apply two to three drops of the Refresh drops in each eye three times a day or as needed for dryness. After this with a Q-tip apply a liberal amount of the antibiotic ointment (Erythromycin Ophthalmic, or Bacitracin Ophthalmic).
2. At night, put a small amount of either lubricating ointment or if not available antibiotic ointment in the eye to keep them moist.
3. You may shower the 24 hours following surgery and should shower everyday following this. Be sure to use a gentle shampoo such as Johnson's Baby Shampoo.
4. Be sure to report immediately any signs of bleeding that persist after ten minutes of direct pressure, infection, redness, fever, unusual drainage, or pain.
5. Stitches will be removed at the one-week point.

What to expect

Swelling

Swelling will vary both patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoid bending

over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

Discoloration

Bruising will vary like swelling from person to person as well as side-to-side. Most bruising and discoloration should resolve over the first two weeks. Make up can be applied after the stitches are removed

Dry Eyes

This can occasionally occur, especially for those patients with low tear production to begin with. With dry eyes, your eyes will feel as if you have sand in them. They may look bloodshot or develop a yellowish swelling or film. Although annoying and uncomfortable, this is a temporary condition.

Restrictions

1. **DO NOT CUT OR TRIM STITCHES UNLESS ADVISED BY DR. SALDAÑA.**
2. You may resume your aspirin or blood thinners as per Dr. Saldaña's instructions.
3. No strenuous exercise for at least two weeks.
4. No heavy lifting for two weeks.
5. Wait seven days to two weeks prior to putting your contacts in. You may begin wearing your glasses the day following surgery.

Finally

The healing time for blepharoplasty surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year. I will follow you through this entire process, but be patient.

Please do not hesitate to ever contact our office.

Edgar Saldaña, M.D., F.A.C.S.