

POSTOPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY AND PTOSIS REPAIR

Post operative care is crucial to ensure proper healing, minimize complications and achieve the best possible results. It is best to follow your surgeon's specific instructions. Please review these general post operative instructions and information below:

1. Avoid strenuous activities such as heavy lifting and exercise. Avoid bending at the waist or lifting items heavier than 5 lbs. Light walking is recommended.
2. Keep your head elevated while resting and sleeping to help minimize swelling at the surgical site. You may use 2-3 pillows to prop yourself up at a 30-45 degree angle.
3. Your eyes will look swollen and bruised after the procedure. The swelling may be worse upon waking up but will get better during the day as you sit or walk around. It is essential to avoid touching or rubbing your eyes as this could disrupt the healing process. If you're unable to fully close your eyes, you can apply artificial tears as needed.
4. Your cheeks may also look swollen and bruised after the procedure.
5. Pain and discomfort can be expected for a few days after the procedure. You can take over the counter medications such as Acetaminophen or Ibuprofen.
6. Applying cold compresses (ice packs/bag of frozen vegetables) to the surgical site will help reduce swelling and bruising. You may do this for 3-5 minutes every waking hour or as tolerated.
7. You may have light sensitivity so wear sunglasses with UV protection when you go outside to protect your eyes from direct sunlight and wind. Avoid excessive sun exposure to the site for 12 months.
8. You can take showers the day after your procedure. You may gently wash your face and gently dry with a soft washcloth.
9. Avoid eye makeup (i.e. eyeshadow, eyeliner, mascara) for at least 2 weeks. You can use make up on the rest of your face.
10. You can wear eyeglasses but avoid wearing contact lenses for 2 weeks.
11. Maintain a healthy diet and stay well hydrated to promote wound healing.
12. Smoking can impair the healing process, so refrain from smoking during your recovery. In addition, alcohol consumption may interact with medications and disrupt your healing.
13. Healing is a gradual process, and your scars may remain bumpy and slightly pink for

several months.

14. Your sutures will be removed between 5-7 days after your procedure. It is important to keep your follow up appointment.

CALL YOUR HEALTHCARE PROVIDER IF YOU HAVE ANY OF THE FOLLOWING:

- A fever over 100.4F (38C) or higher
- Increased pain, swelling and redness at the surgical site
- Severe or increased pain not relieved by medication
- Nausea, vomiting, headaches
- Continuous drainage or bleeding from the surgical site that are uncontrolled with light pressure
- Foul smelling drainage from the incision
- Separation or opening of your suture lines

Our office phone is text enabled between 8am - 5pm Monday through Friday.

After hours or on weekends, please call our office to speak with an on-call doctor.