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Blepharoplasty Postoperative Instructions

Thank you very much for allowing us to perform your surgery. Please feel free to call us at any time if instructions are not clear or issues are not addressed by this instruction sheet. Pain medication and general anesthesia can cause constipation, so it is helpful to begin a stool softener such as Colace a few days before surgery. If constipation is a problem after surgery, you may use a glycerin suppository or Fleet enema.

Do not take your pain medication on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.

Keep your head elevated at all times. If you drop something, squat keeping your head elevated to pick it up. Sleep in a recliner or use multiple pillows for **until your first post op appointment** to keep your head elevated.

Cold compresses should be kept on the area around the eyes for **24-48 hours** to minimize swelling. You may use a clean washcloth or gauze soaked in ice water draped over the eye area as a compress.

You may wash your hair with assistance at any time following your surgery. Be gentle during this washing.

You may shower following your return home. Do not expose your face to hot water. You may require assistance to stand in the shower because you are somewhat weak from the anesthetic.

Swelling will be maximal at **48-72 hours**. It will then decrease over the next **two weeks**. It takes at least **three months** for all the swelling to resolve.

You will be able to apply makeup at **seven to ten days** after your surgery. Check with our office if you have questions about this. Clean your face of make up with a gentle cleanser.

Clean any materials from your eyelid sutures gently with water on a q-tip. Apply a small amount of ophthalmic antibiotic ointment to the sutures to prevent further accumulation and keep the suture line clean. Do this **four times** per day. You will return approximately **five to seven days post-op** to begin your suture removal.

You will need to purchase over-the-counter preservative-free artificial tears (such as "Systane" or "Refresh Tears") purchase the individual dose tears. You will also need to purchase eye ointment (such as "Restore PM", "Systane nighttime ointment"). Place the Refresh eye drops in your eyes every two hours while you are awake. Use Refresh PM ointment in both eyes at night just before bed. Apply small ¼" line of ointment into pocket of lower lid. Close eyes and this will lubricate eye overnight. Continue this regimen for two to three weeks. Your vision will be blurry due to the drops/ointment and swelling during this period. If you have increased tearing, please contact our office.

Phone Numbers:

Cool Springs Plastic Surgery – 615.771.7718

Dr. Moore's Cell - 615.476.2784

Dr. Sarosiek's Cell- 215-910-1187

*In the event of an emergency, please call, do not text