

POST-OPERATIVE INSTRUCTIONS: BLEPHAROPLASTY

You will need a responsible adult to care for you for the first 24 hours after surgery.

Suture Line Care

- Get the following supplies: antibiotic ointment, cotton tip applicators, hydrogen peroxide.
- Mix equal amounts peroxide and water and place in a pill container. Now you have a mixture for the entire period of suture line care.
- Use the cotton tip applicators and peroxide/water mixture to clean dried blood from the incisions. Repeat as necessary to keep the incisions clean.
- Cover the incisions with antibiotic ointment at all times to keep them moist. **They should not dry out.** If the wounds dry out it can lead to an increase in scarring.

Position

Elevate your head with 3 pillows, or preferably a recliner, for **at least 7 days**. Sleeping with your head flat will cause an increase in swelling.

Ice

Use ice/frozen peas with the provided cold pack holder (eye mask) for **30 minutes out of every hour while your caregiver is awake** on the first post-operative day. On the second, third, and fourth post-operative days, use ice/frozen peas in the eye mask for 30 minutes at a time, 5-6 times per day.

Heat

Begin warm, moist heat on the **5th day** after your procedure. Apply a warm, moist washcloth to your skin. **Remember your skin does not have any sensation so make sure the washcloth is WARM only, NOT HOT.** Use the warm, moist heat for 20 minutes at a time, 4-5 times per day on the bruised areas.

Activity

- Avoid bending and lifting over 10 pounds for the first **2 weeks** after your procedure.
- For the first few weeks after your procedure, take extra precautions to protect your eyes from trauma, and do not rub them for **3 weeks**.
- You can wear contact lenses after your one-week suture removal appointment.
- Please avoid strenuous physical activity for **2 weeks** following your surgical procedure.

Cosmetics

Do not use makeup over the incisions for **2 weeks** following surgery. Also, do not attempt to camouflage the bruised areas for **2 weeks** following surgery.

Sun Exposure

Please do not go out for prolonged periods (over 30 minutes) in direct sunlight until all the bruising is gone. If you do, you may develop hyperpigmentation around the bruising.

Hair Care

You may wash your hair on the 3rd post-operative day.

POST-OPERATIVE INSTRUCTIONS: BLEPHAROPLASTY (CONT.)

Diet

When you arrive home, you may start on a clear liquid diet. If you are not nauseated, then you may advance your diet as tolerated.

Tobacco Usage

PLEASE ABSTAIN FROM USING ANY TOBACCO PRODUCTS (including chewing, smoking, and vaping) FOR AT LEAST ONE MONTH AFTER SURGERY.

Medications

You will be given multiple prescriptions, including antibiotic, anti-nausea, and analgesic medications. Please fill these prescriptions prior to your surgery date. It is important to avoid taking aspirin or aspirin-like medication for at least 5 days following your surgical procedure. You have been provided with SinEcch (arnica capsules). These are in the blue and orange box. Please take the first SinEcch capsule the night before surgery. Refer to the blister pack inside the box for remaining instructions.

At times you may experience any or all of the following

- Swelling – this is very common and usually reaches its maximum around 48 hours after the procedure. At 72 hours following your procedure, the swelling will start to subside.
- Facial discoloration – the bruising will become more prominent on the second or third post-operative day. Keeping your head elevated, use of cold packs for the first 4 days, and use of warm packs starting on the fifth day will decrease the amount of bruising that occurs. Another important factor in the occurrence of bruising is the individual's propensity to bruise.
- Numbness – you will have numbness of the eyelids. This is usually a temporary occurrence. It should subside around 12 weeks after your procedure.
- Scars – after the sutures are removed, the scars will generally develop a red or pinkish coloration. As time passes, the reddish hue should fade and the scar will become a less noticeable white line. This may take several months to occur.
- Depression – it is not uncommon to experience a period of mild depression. It is important to remember it is a temporary condition and will subside.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE AT 208.344.9115. AFTER HOURS, YOU MAY REACH DR. HAGHIGHI ON HIS CELL PHONE AT 614.592.8666 or DR. ROWAN AT 208.724.2648.

- Excessive bleeding
- Sudden swelling or discoloration
- Discharge from the wound
- Any itching, rash, or reaction to any of the medications prescribed
- Temperature above 100 degrees

Never hesitate to call our office if you have questions or concerns.

REMEMBER...faithful adherence to the pre-operative and post-operative instructions will help to minimize swelling, discomfort, and bruising, and will maximize your procedure benefits.