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## **Blepharoplasty Post-Op**

- **SUTURES:** Postoperatively, you will have sutures in your upper and/or lower eyelids. Please be gentle with the care of these sutures. You will return to the office in 5-7 days to have your sutures removed.
- **BLEEDING:** Oozing of blood from the incision sites of the skin is normal.
- **PAIN:** Pain is expected after any surgery. Please follow instructions given to you with your pain medications. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **SWELLING AND BRUISING:** Do not be alarmed at the initial appearance of your face, or if it is very swollen after you sleep at night. Swelling and bruising are expected after surgery. Swelling will begin to resolve after 48 hours. Keeping your head elevated 45 degrees when sleeping will help minimize swelling. Some of the swelling may take as long as 6-8 weeks to completely resolve. Bruising may spread down into the cheeks and neck, but usually disappears within 10 days after surgery. Camouflage make-up may be applied after your sutures have been removed.
- **ICE PACKS:** Small bags of frozen peas or soft ice packs should be used to minimize swelling and bruising. Place ice packs over eyes for 20-30 minute intervals with at least 30 minutes without ice packs. This should be done every 2-3 hours for the first 12-23 hours. **DO NOT PLACE ICE PACKS DIRECTLY ON SKIN FOR IT MAY CAUSE DAMAGE TO SKIN TISSUE!**
- **DRY EYES:** We will give you prescriptions for dry eyes, follow instructions given to you. After you have used all your prescription medication for your eyes. You may use artificial tears to lubricate and comfort your eyes while you are healing. "Refresh" drops may be purchased at any pharmacy or drug store. Contacts should be avoided for 1-2 weeks; you may resume your contact use when eyes do not feel irritated or dry.
- **ACTIVITY:** Your activity level should be minimal. Avoid bending your head below your waist. As you begin to resume normal activity, do not return to weight lifting, aerobic exercise, or any high impact activities for 4 weeks. The doctor will let you know when you may resume these activities.
- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by significant swelling under the skin which may appear to be growing. If you see evidence of a hematoma, contact Dr. Taylor's office immediately.

- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

**If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.**

I understand and have received a copy of the post-op instructions

Signature: \_\_\_\_\_ Date: \_\_\_\_\_