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POST-OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY (Eyelid Surgery)

1. Go home to bed. Up to the BATHROOM ONLY with assistance for 24 hours. KEEP QUIET!
2. Sleep on your BACK ONLY. Elevate your head on two pillows. If you do not usually sleep on your back put a pillow at each of your sides to remind you to stay on your back. A pillow under your knees is alright, and you can twist at your hips.
3. Apply 4 x 4 gauze soaked in ice water as often as you can for the first 48 hours. You can also use frozen vegetables like frozen peas or corn in zip lock bags as cold compresses. The cold compresses will help keep your swelling to a minimum. Apply Bacitracin eye ointment to suture lines and Tobradex eye drops to eyes twice a day for one week.
4. If you have herniated fat removed from your lower eyelids through the transconjunctival approach (i.e. from the inside of your lower eyelid) you may have 2 additional medications. They are listed below with instructions for their use. There are no stitches inside the eyelid if this is done.

Vasocidin Solution--Apply 2 drops to each eye every 6 hours for 5 days. These drops have an antibiotic and also help reduce swelling. If you have an allergy to SULFA let us know. The drops will then be changed to Tobradex. Solution. Use them the same way.

Medrol Dose Pack--Take the pills as they are labeled in their packet. These also help reduce swelling. The dosage decreases over the days,

5. For the first 48 hours do not do anything that will cause straining or increase your intraocular pressure (i.e. bending over to pick up things, bending over to tie shoes, straining to have a bowel movement, etc.). Avoid strenuous exercise until advised by your Doctor. Avoid over heated rooms or being in the direct sun light as this will increase your swelling.
6. Remember that pain and eye irritation are normal after this surgery, and the pain medication and valium is designed to lessen this, but will not remove it completely. Everyone's pain tolerance varies and you will most likely experience some amount of pain. **If you have excessive pain, swelling or bleeding please call the office (805) 687-0080.**
7. The day your stitches are scheduled to come out put a thin layer of vaseline along the incisions. This will loosen any scabs. We will remove your stitches approximately 5-8 days after your surgery. If you have your upper eyelids done the stitches will be in the crease of your upper eyelid. If you have excess skin removed from your lower eyelids the stitches will be at the eyelid margin below your eyelashes where eyeliner is worn
8. Mild constipation may occur due to changes in eating habits & medications. Use Colace or Phillips Milk of Magnesia to resolve this if necessary. Heartburn is also common after surgery. Mylanta is effective at controlling this.

I have read, understand and agree to follow these instructions.

signature

date