

BLEPHAROPLASTY PRE-OPERATIVE INSTRUCTIONS

- You may require someone to stay with you for the first few days if you have swelling that causes blurred vision. Some degree of swelling could last for a few days and may extend to a few weeks.
- You will clean your suture line with hydrogen peroxide on a Q-tip 4 times a day, then apply a thin layer of Lacrilube to the suture line. You will continue this treatment until your 1 week post-op visit.
- Anytime you are going to rest and especially before you go to sleep at night, you are going to put the Lacrilube ointment **in** your eyes. This will cause your vision to be very hazy. To apply the ointment in the eye, look up and draw a line with the ointment along the inside of your lower eyelid then close your eyes and this will help spread the ointment. Be careful not to scratch your eye with the tip of the ointment tube. You may use warm wash cloths and artificial tears the next morning to help flush some of the ointment out of the eyes for better vision during the day.
- During the day, you **MUST** continuously use artificial tears in both eyes. We recommend putting at least 2 drops in each eye at least every hour to every half hour. **YOU CAN NOT OVER LUBRICATE YOUR EYES.** The more you use the artificial tears, the better your eyes will feel. If you do not use enough lubrication, you may develop dry eye syndrome. If your eyes are tearing or watering, that is your body's way of letting you know they are dry and need more drops or ointment.
- Use cold compresses over the eyes as much as possible for the first 24-48 hours after surgery. This will help to reduce your swelling. Also try to keep your head elevated at all times, using 2-3 pillows at night to sleep.
- Avoid bending forward, straining or lifting heavy objects for 1 week.
- You may shower normally during the first week of recovery. We recommend using baby shampoo for your hair, as it is less irritating to the eyes. If you are going to use normal hair products, please be sure to protect your eyes.
- Avoid make-up for at least 10 days post-op. You may not wear false eyelashes for 3 weeks post-op.

- On your 7th post-op day, you will return to the office to have all sutures removed. At this time, you will be given further instructions regarding the care for your eyes.
- Avoid wearing contact lenses until you are approximately 10 days post-op or the doctor advises you to do so. You may wear glasses during the first week of recovery.
- Try to wean yourself off of your pain medication as soon as possible. You may use Extra-Strength Tylenol for any discomfort. **DO NOT TAKE ASPIRIN OR IBUPROFEN DURING THE FIRST WEEK OF RECOVERY AS THESE MAY INCREASE THE RISK OF BLEEDING.**
- **PLEASE REMEMBER...** You may have more bruising or swelling 2-3 days out of surgery. This is very normal.