

POST-OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY PATIENTS

1. You may require someone to stay with you for the first few days if you have swelling that causes blurred vision. As well, you may require someone to drive you for the first few days. Some degree of swelling could last for a few days and may extend to a few weeks.
2. Apply a thin layer of Lacrilube eye ointment to the incision line 4 times a day. You will continue this treatment until your 1-week post-op visit.
3. 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 washcloths and artificial tears the next morning to help flush some of the ointment out of the eyes for better vision during the day.
4. 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 CANNOT OVER HYDRATE YOUR EYES.** The more you use the artificial tears, the better your eyes will feel. If you do not use enough drops/ointment for the eyes, you may develop “dry eye syndrome.” If your eyes are tearing or “watering” or you feel as if there is something in your eye, that is your body’s way of letting you know they are dry and need more drops or ointment.
5. 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 you head elevated at all times, using 2-3 pillows at night to sleep.
6. Avoid bending forward, straining or lifting heavy objects for 1 week.

7. 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.
8. Avoid make-up for at least 10 days after surgery. You may not wear false eyelashes for 3 weeks after surgery.
9. On your 7th postoperative day, you will return to the office to have sutures removed. At this time, you will be given further instructions regarding the care of your eyes.
10. 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.
11. It is helpful to wean yourself off of the pain medication as soon as possible. Try taking Tylenol in place of the narcotic medication. Please be aware of the maximum recommended daily dose of acetaminophen (active ingredient in both Tylenol and narcotic pain medication).
12. Do not take narcotic medication on an empty stomach as this may make you feel nauseous.
13. **DO NOT TAKE ASPIRIN or IBUPROFEN PRODUCTS AS THESE MAY INCREASE THE RISK OF BLEEDING.**
14. PLEASE REMEMBER...You may have more bruising or swelling 2-3 days after surgery. This is very normal.

If you have any further questions or concerns, please do not hesitate to contact our office at 949.650.8882.