

# Blepharoplasty Post Op

## RECOVERY TIMETABLE:

Approximate recovery after Blepharoplasty is as follows:

### DAY 1:

Return Home. Use cool compresses for 24 Hours. Mild swelling and bruising, mild discomfort.

### DAY 2-3:

Maximum bruising and swelling, some crusting on eyelashes. Use warm compresses for crusting.

### DAY 5-7:

Stitches removed or dissolving. Bruising going away.

### WEEK 1-4:

Eyes mildly irritated or teary.

REMEMBER: If you have any concerns or questions, you should be comfortable contacting our office any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation and continuing after your surgery.

## WHAT CAN I EXPECT AFTER SURGERY?

There will be mild to moderate amount of pain and discomfort associated with the surgery. This should be easily controlled with oral medications. Tylenol with hydrocodeine codeine (or equivalent if allergy to codeine exists) is generally always sufficient for pain control.

The discomfort and pain should begin to decrease within 72 hours after surgery and a significant increase in pain after this period should prompt you to call the office.

Bruising and swelling are not unusual after the surgery. These symptoms may worsen on the second to third day; this is normal.

Tearing and sensitivity to light is common after surgery, but this usually lasts for just a short while. Sunglasses may be worn (unless a rhinoplasty has been performed as part of your surgery).

It is of utmost importance to tell Dr. Smith prior to surgery if you have ever been on Accutane, received radiation therapy to the head or neck, taken steroids or immunosuppressive agents.

Immunosuppressed patients (HIV positive, chemotherapy, AIDS etc.) and patients with certain autoimmune disorders may not be good candidates for this procedure as the risks of poor healing and infection leading to permanent scarring and poor aesthetic results may be much higher. It is mandatory that you inform Dr. Smith if you have any of these conditions before surgery.

## **CALL THE OFFICE PROMPTLY IF YOU NOTICE ANY OF THE FOLLOWING:**

- development of a temperature elevation exceeding 100.0 degrees Fahrenheit.
- unusual bleeding or discharge from the incision.
- any change in vision.
- a significant progressive increase in pain which is not easily relieved by taking your prescribed medication.

If any of the above should occur after regular office hours, call us through the answering service. For whatever reason, if you notice one of the above changes and cannot reach us at our office or through the answering service, present yourself to the emergency department for evaluation.

## HOW DO I CARE FOR MYSELF AFTER SURGERY?

Make arrangements to have someone drive you to, and from, your surgery.

We highly recommend having someone stay with you the first night after your surgery.

Try to fill your prescriptions before your surgery since it means one less thing for you to worry about afterwards.

Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 4 weeks before and 2 weeks after your surgery unless you first discuss it with your surgeon.

If you use tobacco products, you should not use these products for at least 6 weeks prior to surgery and 6 weeks after surgery. Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.

To minimize swelling, you may use cool, clean compresses or ice wrapped in a dry cloth. Apply these gently to your closed eyes four to six times a day, for 20 minutes, for the first twenty-four hours after surgery.

Sleep with the head elevated 30 degrees for the first week after surgery.

Some crusting may appear around your eyes after the first 24 hours. Warm, clean compresses applied to the area several times a day will help alleviate the crusting.

If your eyes are dry after surgery, you may use artificial tear drops (available in drug stores) to help soothe them during the day. Your surgeon may prescribe a lubricating ointment to put into your eyes at bedtime. It is

not unusual for this ointment to briefly blur your vision when it is first applied, but this is temporary.

Usually, your surgeon will use dissolvable sutures, which will disappear on their own within 5 to 8 days. External sutures should be kept clean and dry. If non-dissolvable sutures are used, they should be removed within 5 to 8 days after surgery.

You should do no vigorous exercise and should avoid any significant physical exertion, lifting or straining for a minimum of 3 weeks after your surgery, as this activity could disrupt your wound healing. Plan on taking it easy.

You may shower or bathe the day after surgery, but do not let the spray directly strike the area of your eyes. Do not rub, wash or massage your eyelids.

Do not wear any eye make-up until after you are examined and told it is all right to do so.

Do not wear contact lenses for the first 5 days after surgery. Contact lenses may be worn after this time if there is no significant eye irritation present, and if the incisions are healing well.