



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

Blepharoplasty Post Operative Instructions

- Take medications as prescribed by Dr. Smith. You can start your pain medication the night of surgery if you are in pain. You cannot drive while using pain medication.
- You can start daily Miralax or stool softeners with your pain medication to help prevent severe constipation that can be caused by pain medication.
- Clean sutures with saline or wound cleanser twice a day followed by the antibiotic ointment prescribed.
- It is important to keep sutures clean and free of dried blood/crusting as this will prevent healing and lead to an undesirable scar.
- Do not get surgical area/sutures wet with water until all sutures have been removed. It is okay to bathe from the neck down.
- Keep head elevated for 3 days after surgery to help decrease swelling. You may also use ice packs for 15 minutes on/15 minutes off to help with swelling.
- You can expect some numbness/tingling in the surgical area for several weeks after surgery.
- No bending or lifting greater than 15lbs x3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith.
- Do not take anti-inflammatory medications like ibuprofen, aspirin, or fish oil until directed by Dr. Smith.
- Do not wear any eye make-up until after your post-operative appointment and are instructed to do so. Do not wear contact lenses for the first 5 days after surgery. After 5 days contact lenses can be worn if there is no significant eye irritation.
- If your eyes become dry or you notice increased tearing/watering you may try over the counter Systane gel drops or regular artificial tears to help soothe your eyes while you heal.
- Do not smoke. If you currently use tobacco products, you risk significantly compromising your surgical outcome and delayed healing. Please avoid these products for at least 6 weeks after surgery.

Call the Office if you notice any of the following:

- A temperature greater than 100.4 degrees Fahrenheit
- An unusual amount of bleeding that does not stop after applying firm pressure for 15 minutes
- Any changes in vision
- An increase in pain that is not relieved by taking your pain medication

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

www.jessesmithmd.com