



## BLEPHAROPLASTY

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

For the first 3 days apply cool compresses to your eyelids with gauze pads soaked in diluted salt water (1 level teaspoon of salt to 1 quart of water.) You may refrigerate this solution after mixing. This is soothing and will help control the swelling. A bag of frozen peas makes a good cold compress. Keep your head elevated for the first week. Dark glasses are suggested for a period of one week to prevent irritation from sun and wind and to rest the eyes, even when indoors. This also helps to hide the bruising. Keep your incisions moist with Aquaphor ointment (over the counter ointment found at drug stores).

You can expect:

- Moderate discomfort-which should be relieved with the pain medications
- Moderate swelling
- Black and blue discoloration
- Bloodshot eyes
- Slight oozing from the wound edges.
- Call if you have:
  - Severe pain not responding to the medications or significantly more pain in one eye than the other
  - Marked swelling, or obviously more swelling on one side than on the other
  - Significant changes in vision (anything more than mild blurring)
  - If any other questions or problems arise.

If you experience dry eyes, you may use over-the-counter artificial tears (either drops or ointments). Please do not use products like Visine. Avoid smoking for three weeks after your operation to prevent coughing and possible bleeding. No alcohol for two weeks after surgery. You may shower and shampoo your hair when you have been cleared to do so, usually after the first postoperative appointment. Limit lifting, pulling, straining (including in the bathroom), and pushing for at least seven days. Your head must be elevated at all times for one week after surgery to avoid increased pressure which can cause bleeding. Do NOT bend over to tie your shoes, pick something up off the floor, etc. Keep your head elevated on multiple pillows when you sleep, or better yet, try to sleep on a reclining chair, if possible. You may wear makeup approximately seven days after the surgery.