

## **EYELID (BLEPHAROPLASTY) POST OPERATIVE INSTRUCTIONS**

### **You will need to have available for after the procedure:**

1. Ice packs or frozen peas
2. Prescriptions: 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack 4. Ophthalmic eye ointment

### **One week before surgery:**

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let the doctor know if you must continue these medications.*

### **Evening before surgery:**

1. No food or drink or chewing gum 6 hours prior to the surgery time.

### **Morning of surgery:**

1. Wash face thoroughly. Do not apply makeup or creams to face.
2. Bring dark glasses with you day of surgery.
3. Take your first dose of antibiotic pills on the morning of surgery—take with a sip of water—this is acceptable.
4. Remove your contact lenses. You will not be able to reinsert them post-operatively.

### **After surgery:**

1. Remain quiet. Keep head elevated on 2-3 pillows for the next three (3) days. A reclining chair works well to keep the head above the chest as well. Apply ice packs to eyes—twenty (20) minutes on, twenty (20) minutes off while awake for the first 36-48 hours. If the cold pack provided is not adequate, make ice pads by placing soft washcloth, cotton pad, or 4x4 gauze in a bowl of melting ice and wringing out thoroughly before applying. Bags of frozen pea/carrots works as well.
2. Apply ophthalmic ointment to the upper eyelid incisions with a cotton swab or clean finger tip twice daily to keep moist.
3. No visible incision to the lower lids—no antibiotic ointment needed to lower eyelid.
4. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take extra-strength Tylenol **ONLY. DO NOT** take ibuprofen or any aspirin or aspirin-like product. If you have no pain, do not take any medication.
5. **DO NOT** bend, strain, or do heavy lifting or strenuous activity for one (1) week. Avoid any activity that may aggravate you as this could cause bleeding. Again, keep your head elevated.
6. You may bathe, shower, and shampoo your hair 24-36 hours after surgery. It will not harm the incisions to get them wet. Pat the area dry—do not swipe with towel or cloth.

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7. You can expect bruising, swelling and some bleeding from the incision lines. **Please call the office if you experience continuous bleeding, severe pain (particularly on one side), vision changes/loss or sudden increase in swelling beyond the first few hours.**
8. Vomiting and retching is not good for eyelid surgery. Report this to your doctor immediately.
9. You may drive when your vision is clear, swelling has subsided, and you are not taking prescription pain medication.
10. If your eyes burn or sting, or if you are unable to close your eyes completely, place Liquid (artificial) Tears in your eyes every four (4) hours.
11. Complete your full course of antibiotics

**Other Eyelid Instructions:**

1. Avoid yawning or pulling the eyelids for one (1) week. This is especially important the first few days following removal of the stitches. The stitches are usually removed 6-7 days after surgery. This is not usually painful.
2. Swelling and bruising is almost always more than you expected. It is not unusual for one eye to be more swollen or discolored than the other. Your eyes and cheeks may be bruised—the whites of your eyes may be bloodshot. This will gradually subside and improved in two (2) weeks. You may wear dark glasses to protect your eyes from irritation of wind, sun, and to partially mask the bruising.
3. Contact lenses may be worn one week or 7 days after surgery. **DO NOT excessively pull up or down on your eyelids to insert them. Glasses may be worn the first day.**

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**

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