

Home Care Instructions Blepharoplasty

Medications: Take as directed. Finish your antibiotic. You may resume all of your regular home medications unless I specifically direct otherwise.

Diet: Eat and drink anything you want. Do not consume alcohol while you are taking pain medication.

Bathing: You can shower 24 hours after your surgery.

Your stitches: Use a Q-tip and warm water to keep your stitches clean. Keep a thin coating of the ophthalmic Bacitracin ointment we gave you on your stitches. Use the Swiss Eye masks we gave you for as long as you'd like. Most patients find them extremely helpful, especially when soaked in ice water.

Your Eyes: Many patients get a dry feeling in their eyes after surgery. Drops are available and if you encounter this let me know immediately. Some patient will tear excessively after surgery. This is normal. If you notice a change in your vision, severe pain, or bulging of the eye, I need to know IMMEDIATELY.

Activity: No strenuous activity, *of any kind*, for at least 2 weeks.

Sleeping: Sleep on your back or side. Keep propped up on some pillows the first 48 hours to minimize swelling.

Swelling: Swelling is a normal part of facial swelling. It does go down and the eye masks and ice will help. By the end of the first week the majority of the swelling will have resolved. The bruising varies but generally it will last anywhere from 5 to 7 days. Once I get your stitches out it is ok to wear make-up to hide whatever bruising there is. Do not put makeup directly on your stitch line for 2 weeks.

Driving: Do not drive until you are off of your pain medications. If you drive while taking narcotics you can be arrested and charged with DUI.

Follow-up: Call the office when you go home to schedule your follow-up appointment. I will see you in 5 to 7 days for suture removal.

Questions: If you are unsure of something please call. The office number is 721-0330.