

# BLEPHAROPLASTY/EYELID SURGERY

## Postoperative Instructions

### SURGICAL SITE CARE:

- You may apply fresh dressings, gauze, tape etc as needed.
- You may apply cool compresses to reduce swelling as needed, do not place ice directly on skin as it may damage the skin.
- If sutures are visible, leave them alone until your follow-up visit.
- You should expect to be swollen and bruised for several days following the procedure

### MEDICATION:

- Only take your pain medication as prescribed. If you find that the medication does not work for you, please notify us and we can prescribe different medication.
- Please check with a provider before adding/changing your medication.
- Take the full course of antibiotics if they were prescribed. *Do not* discontinue the antibiotic early as this can make you susceptible to infection with resistant bacteria.
- **\*\*\*If provided, use Lacrilube prescription at nighttime while sleeping. You may apply over-the-counter Artificial Tears or saline drops as needed if eyes feel dry or irritated.**

### ACTIVITY RESTRICTIONS:

- Showering is permitted the day after surgery, you may let the water wash over the incisions, use mild soap, dry the areas well and apply dressings as needed.
- Baths and/or swimming is *not* permitted until cleared by a provider.
- Wash hands often and avoid “dirty” surfaces in order to decrease risk of infection
- You may need to sleep in an *upright position* as this will help decrease swelling.
- No lifting of items heavier than 10lbs for the first several weeks following surgery. Do not do so until cleared by a provider.
- Do not drive until swelling has improved and you are not regularly taking pain medication. Do not drive until cleared by a provider.

### \*\*REASONS TO CALL THE OFFICE AFTER YOUR PROCEDURE:

- If you have a temperature of *101.0 degrees or higher*
- If you suspect you may have an infection, such as if the surgical site appears red, feels warm to the touch, is exquisitely tender, or has thick white/yellow/green drainage (pus)
- If you have surgical pain that is not alleviated with your prescribed pain medication
- Most other issues/concerns can be addressed at your first postoperative visit. Please call our office after your surgery to schedule this appointment if it has not already been arranged. Our office phone number is **512.533.9900**.