

EYE LIFT (BLEPHAROPLASTY) POST-OP INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Eat fresh pineapple
 - ½ to one whole pineapple daily, eaten in small aliquots.
 - Do not combine with a protein (milk, yogurt, meat, etc)
 - Rinse mouth after eating
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin. Do not take Tylenol with narcotic. If you are not having much pain, Tylenol is OK to take rather than the narcotic.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for several months.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until 24 hours after surgery AND you are no longer taking any pain medications (narcotics).
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, for at least 7 days. (Walking and mild stretching are fine.)
- No lifting more than 5 pounds for one week.
- Return to work in 7-14 days.

INCISION CARE

- You may shower the day after surgery.
- Do not bathe or immerse your incision in water. Avoid steam baths and saunas for several weeks.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Keep head elevated; tilt a recliner back or sleep with head on 2 pillows.
- You may use cold compresses for comfort and to help decrease the swelling.
- Hair is generally shampooed on the first postoperative day. Wash your hair with baby shampoo only at least every other day thereafter and before each visit to the office.
- The area of sutures must be washed gently but thoroughly each time.
- You may use makeup after the sutures are removed; new facial makeup can be used to cover up bruising, but not on the incisions. It is important to gently remove all makeup.
- Keep aquafor (if a peel was performed) or bacitracin ophthalmic on incisions
- Use lubricating eye drops like artificial tears, TheraTears or Refresh Plus for the first 1-2 weeks after surgery.

WHAT TO EXPECT

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days or longer.
- Vision may be blurry due to swelling and ointments

APPEARANCE

- Pale, bruised and puffy eyes for several weeks.
- By the third week, you will look and feel much better.
- Final result is not fully realized for approximately 6-12 months.

FOLLOW-UP CARE

- Sutures are removed in approximately 7 days

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For medical questions, please call:

(317) 814-1104, Monday - Friday, 8 a.m. - 5 p.m.

After hours and on weekends, page Dr. Winslow at (317) 541-7571.