

Post-Op Instructions ***(Lower Blepharoplasty)***

Surgery Morning

Nothing to eat or drink after midnight-may brush teeth.

Take a shower and wash hair and face in the morning.

Do not wear any make-up (includes mascara and eyeliner). **Wash face with baby shampoo when arrive at surgery center to remove any residual eye make-up.**

Leave all jewelry at home. Cannot have any metal on your body, so please remove any body piercing.

DO NOT WEAR CONTACTS.

Clothing: Button-up shirt, sweat pants, socks, shoes (comfortable and easy to walk in).

Bring pain medication with you. You will be numb after surgery and may not feel anything. However, the nurses will give you a pain pill prior to discharge to help keep pain level at a minimum.

Surgery Night

Soft Bland Diet: **DO NOT EAT SPICY FOODS** and drink plenty of fluids.

Start your antibiotics at suppertime; **IF NAUSEATED** may start antibiotics the next day.

Sleep with head elevated using a recliner or at least 3-4 pillows for a week.

Apply ice compresses to eyes every hour for at least 15 minutes for a couple of days.

Frequent application of ice compresses decreases swelling and bruising.

Use **ARTIFICIAL TEARS** frequently to rinse eyes of any drainage and keep eyes moist.

Apply **Bacitracin Ophthalmic Ointment** inside eyes for 2 nights only.

Take pain medication, as you need it, do not try to brave the pain. You will be more comfortable if you keep your pain at a minimum.

Next 2 weeks

Skin Care- (if having lower eyelid CO2 Laser)

Every 2 hours: Wash with Cetaphil (Removing all of Aquaphor)

Wet gauze and gently scrub any yellow/white skin crusting

Pat Dry

Apply Aquaphor (may reapply if melts/dries off)

Some areas may bleed (just apply slight pressure) scrub around it and prevent scabbing by keeping moist with Aquaphor.

Take pain medication 30minutes-1 hour prior to washing.

Avoid sun exposure as much as possible.

Incision Care- (if having lower eyelid SKIN PINCH)

Clean with Cetaphil or Baby Shampoo. Apply antibiotic ointment or Aquaphor atleast twice daily. Sutures are dissolvable, keep moist with ointment. Let purple glue flake off.

Expect EYE swelling, bruising, irritation, and redness for about 2 weeks (more or less).

Use **Artificial Tears** to keep eyes moist. Use **Blephamide** drops if experience irritation and redness.

No exercise, heavy lifting, or bending over.

DO NOT WEAR CONTACTS. You may wear contacts after 2 weeks post op, unless otherwise advised.

Do not scratch lasered areas, may cause scarring.

After 2 weeks (*if having lower eyelid CO2 Laser*)

Continue Facial Care: (start when skin is pink)

Wash with Cetaphil morning and night

Pat Dry

Apply Cetaphil moisturizer with SPF 30 throughout the day

Sun protection is very important. Wear a hat, sunglasses, and sunscreen (at least SPF30) at all times.

May wear make-up.