

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

Surgery Morning

Nothing to eat or drink after midnight-may brush teeth. (*if undergoing anesthesia*)

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. (*if undergoing anesthesia*)

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.

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

Incision Care

Wash incision twice daily. Use **Baby Shampoo or Cetaphil Soap**. Clean incision sites by gently massaging with your fingers (DO NOT RUB HARD).

Do not face shower, a strong water pressure may open incisions.

Apply **ANTIBIOTIC OINTMENT or AQUAPHOR** to keep incisions moist throughout the day.

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

Do not wear make-up until completely healed.

May wear contacts after 1-2 weeks.

Sutures:

Sutures-dissolvable, keep moist with ointment

Purple Glue-let it flake off (DO NOT PICK OFF)

No exercise, heavy lifting, or bending over.

Scars are to be expected, but hidden in the eye fold.