

## BLEPHROPLASTY POST-OP INSTRUCTIONS

### **General Discharge Instructions:**

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

### **Medications:**

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-Take pain medication and muscle relaxer 2-4 hours apart.

-ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. **DO NOT** allow yourself to have any problems with constipation.

-Resume all your regular medications after surgery.

**-Absolutely NO aspirin products for 7 days and Ibuprofen products for 5 days.**

**-Tylenol and Ibuprofen products-** once you're no longer needing to take your Narcotic pain medication (which contains Tylenol), you can start to incorporate Tylenol for pain. **5 days after surgery**, you can start to incorporate Ibuprofen if needed for pain.

### **Activity:**

-Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around your house at least every 2 hours during the day to prevent developing a blood clot.

-Keep you head elevated (above heart level), as much as possible for 1-2 weeks after your operation to minimize swelling.

-No strenuous exercise for 2-3 weeks, avoid bending and lifting to reduce pressure in your eyes.

-Wait at least 2 weeks before wearing contact lenses.

-You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-You may drive after 1 week if you are not taking narcotic pain medicine.

-House work 2-3 weeks.

-You can return to work within a week as long as you have a job that does not involve heavy lifting.

#### **Wound Care:**

-The day after your surgery, shower. Generally, your hair can be shampooed any time after surgery.

-Keep incisions clean with soap and water and inspect daily for signs of infection. If incisions develop scab or crust, soak with warm, wet washcloth and gently dab away crust.

-Use cold saline compresses for the first 24 hours for comfort to reduce swelling and bruising. You can use a cold wet wash cloth over your eyes and then place a snack size baggie with crushed ice or frozen peas over top of the wash cloth (30min. on, 30min. off).

-Use natural tears (over the counter moisturizing eye drops) or Lacrilube (over the counter ophthalmic ointment) every 3-4 hours and at bedtime.

-After sutures are removed, we apply steri-strips over the incisions. Leave them on for 1 week. They do not need to be replaced if they fall off sooner. It is okay to get these steri strips wet.

-Avoid exposing scars to sun for at least 3-4 months- Use sunglasses and a hat.

-Expect temporary swelling of the eyelids, tightness of the eyelids, bruising, dryness, burning, and itching of the eyes. You may have difficulty closing your eyes when you sleep for at least the first week after your operation, or until the swelling goes down.

-No smoking or second hand smoke-could cause tissue/skin loss

#### **When to call the Doctor:**

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage

-If you have any problems call our office at 937-886-2980.

#### **Follow up:**

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

#### **For Your Comfort:**

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your head elevated, on a old pillowcase, towel, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.