



### **Blepharoplasty Post-Operative Instruction Sheet**

**Diet:** You should drink clear liquids immediately following your surgery. The day after surgery, you should begin slowly advancing to a solid diet, starting with bland foods. If you experience any nausea or vomiting, resume a clear diet for another 24 hours.

**What to expect after surgery:** You will have minor discomfort at the surgical site. Your eyes may be very swollen and you may have bruising around your eyes. Your vision will be slightly blurry.

**Activity:** You should avoid heavy activity (lifting greater than 10 pounds, pushing, or pulling) for 3 weeks after surgery.

Do not take any aspirin, ibuprofen, vitamin E, or herbal supplements for 1 week before surgery and 2 weeks after surgery unless specifically approved by Dr. Hall.

Do not drink alcohol, use recreational drugs, work, or operate heavy machinery/drive while taking narcotic pain medication.

#### **Special instructions:**

You may see crusting along your incision lines. If so, gently clean the area with half-strength hydrogen peroxide on a q-tip. Gently dab, do not rub.

Sleep with your head elevated for 2 weeks after surgery.

Apply a cold compress 20 minutes out of every hour while awake to the surgical site for 3 days following surgery.

**Call for any of the following symptoms:** Temperature greater than 101.5 F; increasing pain, redness, pus, or swelling at the surgical site; increase in eye pain; change in vision; eyeball sticking out; any other symptoms that concern you.

**Follow-up:** Please call 813-974-4683 for an appointment with Dr. Hall in 3 to 4 days.

#### **Medications:**

-After your dressing is removed, apply bacitracin ophthalmic ointment to the incision lines 3 times a day for 1 week.

-Vitamin C, 1000 mg, 3 times a day, for 2 weeks after surgery

-Arnica Montana for 2 weeks after surgery (take per directions on package). Arnica Montana may contain lactose or sucrose

**Additional Instructions:** \_\_\_\_\_

#### **Important Numbers/Contact Information**

Nurse's line: 813-974-2749/813-259-8596

After-hours emergencies: 813-974-2201

If you have routine concerns or questions, please call the nurse's line weekdays between 8 am and 5 pm.