



Universal Vision Medical Center

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## ***Before & After Surgery Instructions: Blepharoplasty (Eyelid Surgery)***

### **Before Surgery:**

- 1 day before take Keflex.
- 7 days prior, no fish oils, any kind of aspirin, blood thinners, Vitamin E, Aleve, Advil, or any other nonsteroidal meds. (Check with your Primacy Dr. before discontinuing of any medications)
- Take Tylenol for any pain relieve.

### **After Surgery:**

It is ultimately important to keep cold compresses on the eyes for the first 48 hours after surgery. Do not however, use an ice bag. It is also important to keep your head elevated the evening after your surgery as well as for the first two weeks following the surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath the head. Avoid rolling onto your face. Sleeping on your back for the first two weeks after surgery helps to ensure this.

### **Daily Care:**

This care is to start the morning following your surgery:

1. Using a Q-tip go over suture lines three times daily applying a liberal amount of antibiotic ointment: Bacitracin ophthalmic or Maxitrol Ointment.
2. At night, put a small amount of either lubricating ointment or if not available antibiotic ointment over the sutures to keep them moist.
3. You may shower the second day following surgery.
4. Be sure to immediately report any signs of bleeding that persists after ten minutes of direct pressure, infection, redness, fever, unusual drainage or pain.
5. Stitches will be removed at one-week point.

### **What to expect:**

Swelling will vary in both patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head up as much as possible over the first two or three weeks, avoid bending over or heavy lifting for the first three weeks and avoid prolonged sun exposure for the first two or three months.

### **Discoloration:**

Bruising will vary like swelling from person-to-person as well as side-to-side. Most bruising and discoloration should resolve over the first two weeks. Make up can be applied ten days after surgery.

### **Dry Eyes:**

This can occasionally occur, especially for those patients with low tear production to begin with. With dry eyes, your eyes will feel as if you have sand in them. They may look bloodshot or develop a yellowish swelling or film. Although annoying and uncomfortable, this is a temporary condition. Dr. Tinoosh will work with you to expedite the resolution of the dry eyes as well as to make you more comfortable.

### **Restrictions:**

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for two weeks.
3. Wait one week prior to putting your contacts in, you may begin wearing your glasses the day following surgery.
4. No tweezing of the eyebrow for two weeks.
5. Hair coloring should be delayed for four weeks after surgery
6. Eye shadow and false lashes should not be applied for two weeks after surgery.
7. Make up should not be applied for two weeks after surgery.
8. 7 days prior, no fish oils, any kind of aspirin, blood thinners, Vitamin E, Aleve, Advil, or any other nonsteroidal meds. (Check with your Primacy Dr. before discontinuing of any medications)
9. Take Tylenol for any pain relieve.

The healing time for blepharoplasty surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for about 6 months. I will follow you through this entire process but be patient.

\*If you have any questions please call the office. If after hours, notify the answering service you are a surgery patient and Dr. Tinoosh will be paged.

### **Medication:**



**Antibiotic Ointment**

Using a Q-tip, you must apply ointment over sutures

2 x's daily & before bedtime



**Keflex Capsules**

1 Tab by mouth daily for 4 days.