

# WEST COAST PLASTIC SURGERY CENTER

## BLEPHAROPLASTY

### POST-OP INSTRUCTIONS

#### ACTIVITY

1. The first week you will need to rest frequently. You may walk round the house as tolerated.
2. Sleep on your back with head elevated at least for the first week to decrease swelling. Avoid sleeping on your side.
3. Every 2-3 hours take deep breaths to expand your lungs.
4. Avoid picking anything up greater than 1-2 lbs. or bending over the first week. The doctor will tell you when you can lift anything heavier.
5. Do not exercise until told to do so.
6. Do not drive the first week or while you are taking your pain medication. You should continue to wear a seat belt.
7. Do not smoke or be around smoke at least the first 2 weeks. This could interfere with healing.

#### DIET

1. Eat light the first 24 hours, clear liquids advancing to regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.
3. The pain medicine may cause constipation. Drink plenty of fluids. You may take an over the counter laxative.

#### DRESSINGS

1. Your eyes will be red, swollen, and bruised. They may be swollen for 2 days and will start improving thereafter.
2. You will need to apply an ice pack to the eyes for 20 min, on and 20 min off while awake the first 48 hrs.
3. You may experience some oozing of blood from the incisions, this is normal. You may dab them dry, but do not rub the eyes.
4. If you have excessive swelling, pain, or difficulty seeing from your eye call the office immediately.
5. Do not shower for the first 24 hours.
6. Do not color or perm hair for 4 weeks.
7. We recommend you get fresh make-up. Especially eye make-up.
8. If you have sutures they will be removed at your first visit in 4-7 days.

#### MEDICATION

1. The antibiotic should be taken until it is completed as prescribed.
2. The pain medicine is a narcotic and should be taken as prescribed. Do not take any Tylenol while taking the pain medicine. The medication we prescribe already has Tylenol in it.
3. Do not drink alcohol or drive while you are taking the pain medication
4. The pain medicine can cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Ibuprofen and Vitamin E (wait at least 5 days post-op)
6. If you are on aspirin or coumadin check with our doctor as to when you can resume.

#### CALL THE OFFICE AT (805) 983-1999 IF YOU HAVE:

- 1 A temperature greater than 101 degrees.
- 2 Excessive bleeding saturating the dressings.
- 3 A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
- 4 If you have persistent vomiting, have a pharmacy number so a script can be called in.
- 5 Any questions regarding your care.

**IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE CLOSEST HOSPITAL**