



NORTHEAST PLASTIC SURGERY
CENTER

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Blepharoplasty

Post-operative Instructions

- ▶ Your post-operative appointment is scheduled for _____.
- ▶ Keep your head elevated on at least 2 pillows for at least the next 72 hours. This will help limit the swelling that you will incur at your eyelids. Sleep on your back and not on either side.
- ▶ Apply cold, moist gauze to your eyelids to act as cool compresses for at least the next 72 hours. These may be fashioned by dipping 4"x4" gauze sponges in a slush of crushed ice before applying to the eyelids. Do not apply ice packs to your eyelids, as the excess weight may be uncomfortable and may impair recovery.
- ▶ Apply the prescribed ophthalmic ointment to your eyelid incisions every 12 hours.
- ▶ You may have small Steri-Strips (butterfly adhesive strips) holding the ends of your sutures in place. If so, please do not remove these strips.
- ▶ Aside from the cool compresses and the ophthalmic ointment to your eyelids, please keep your eyelids and the suture lines otherwise dry. You will normally be able to get the surgical sites wet following suture removal after your first post-operative visit.
- ▶ You have received prescriptions for _____ as a topical antibiotic for your incision and _____ for pain relief. Postoperative pain management includes other modalities that are non-narcotic based to minimize reliance on such medications. Please take Colace as a stool softener to limit constipation.
- ▶ Avoid the following anti-platelet agents until at least your first post-op appointment, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, you should have already obtained instructions pre-operatively when they may resume, but please discuss with your surgical team: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xerelto, Eliquis, or Brilinta.
- ▶ Do not consume alcohol while you are taking any medications following surgery, especially pain medications, muscle relaxants, anti-anxiety medications, sleeping pills, or other sedatives.

- ▶ You may resume your pre-operative diet as tolerated.
- ▶ Restrictions are as follows:
 - ▶ Reading may resume after 2-3 days.
 - ▶ Avoid contact lenses for 2 weeks.
 - ▶ Avoid strenuous activity for 3 weeks.
 - ▶ Avoid leaning over with your head down for 3 weeks.
 - ▶ Avoid alcohol for 3 weeks.
- ▶ Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- ▶ Every patient and procedure is unique. However, please alert us if you observe any of the following and are concerned:
 - ▷ temperature $\geq 101.4^{\circ}\text{F}$
 - ▷ increased redness at the surgical site or adjacent site(s)
 - ▷ worsening bruising at the surgical or adjacent site(s)
 - ▷ blisters at the surgical site(s)
 - ▷ increased swelling or size leading to significant and sudden asymmetry
 - ▷ unremitting or increasing pain at the surgical site(s)
 - ▷ significant drainage at the surgical site