# BLEPHAROPLASTY/EYELID SURGERY
## Post-operative Instructions Following Blepharoplasty
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**<u>Call the office immediately if you have:</u>**
- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent "pus like" drainage coming from the incision site

**1. <u>Right after Surgery:</u>** Your main goal during the first few days to a week after surgery is to help minimize swelling. You can do this by keeping your head elevated at a 45 degree angle, either by sleeping in a recliner or having several pillows behind your back. Your eyes might be uncomfortable. If you have excessive pain or loss of vision you should call our office at (925)939-9200 immediately.

**2. <u>Swelling and bruising:</u>** Swelling will be at its most noticeable stage at 2-3 days after surgery and will then start to subside. Most bruising disappears by around 7-14 days after surgery.

**3. <u>Redness:</u>** Expect the white of your eye to be red. This may even get worse over the next week but will clear. Do not rub or bump your eyes.

**4**. **<u>Eating:</u>** Start with light & soft meals. Avoid chewy/fatty foods during the first 24 hours after surgery. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 1 quart a day (about 1 liters). Try to drink non-caffeinated fluids.

**5. <u>Ice:</u>** Use an ice mask as much as possible in the first 24 hours only and make sure that you use a clean cloth as a barrier between your skin and the ice pack.

**6. <u>Medications:</u>** All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea. You only need to take the pain medication, if you have discomfort. Taper off the pain medication when your pain level starts to decrease during the first week.

**7. <u>Driving:</u>** Do not drive until one week after surgery and once you have discontinued taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable.

**8**. **Incision Care:** Use Bacitracin or Polysporin (antibiotic ointment) 3 times daily on the incisions to minimize scabbing.

**9**. **Sun Exposure:** Avoid direct sun exposure for at least 6 weeks after surgery. Wear sunscreen at all times during the day (once you are given the approval to use skin products from Dr. Behmand, usually around post-operative day 10).

**10. Exercise:** No exercise for 6 weeks after surgery. Avoid bending over, heavy lifting or any other activity that makes your face feel pressure and elevates your heart rate.

**11. Skin Care/Makeup:** Do not use your regular skincare products or makeup until your first postoperative appointment. At that time, Dr. Behmand will assess to see if you are ready to start using products again.

**12. Contact Lenses:** If you wear contact lenses, you can generally start wearing them 3-4 days after surgery depending on your level of comfort. If you have any questions about this, please contact the office.

**13. Showering:** You may shower 3 days after surgery or when you feel ready. However, do not get water in your eyes for one week after surgery.

**14. Follow-up:** During your preoperative appointment, you will be given a printout detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.

**15. 24 Hour Answering Service:** If anything is urgently needed after 5pm or on the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925) 939- 9200 to reach the answering service who will be able to transfer you to Dr. Behmand, if need be.