

After Blepharoplasty Surgery Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.

Surgical site care:

- You will be given some eye ointment after surgery. You will apply this ointment to your incisions twice a day.
- You can expect swelling and bruising. Be assured the swelling and bruising will gradually subside after the first few days.
- We recommend using cold compresses to help with swelling. You can use cold compresses 15 minutes per hour (while awake) for 48 hours after surgery.
 - Soak 2 X 2 gauze pads in iced water, wring out, and apply. Change when warm. These may be continued longer as desired for comfort.
 - Another useful option is to use a damp washcloth or gauze and place a small package of frozen baby peas on this, then apply to the eyelids.
- You may shower and wash your hair the next day after surgery. We recommend using baby shampoo because it is gentle on your incisions.
- Make-up to cover any residual bruises can be worn after the 5th day. Our medical spa staff can help you with the cover up if needed.
- Do not wear mascara until 2 weeks after surgery.

Activities:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."

- You will be able to ambulate the day of your procedure. You are not on bed rest.
- Rest with your head of the bed at about 30° elevation. Sleeping on two pillows will be more comfortable and helps to keep swelling down.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid bending, straining or lifting anything greater than 20 pounds.
- Do not engage in sexual activity for a minimum of two weeks after surgery.
- Hair coloring can be done three to four weeks after surgery.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.

Follow-up appointments: (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 1 week after surgery: Check incisions. Be sure to apply sunscreen to your face daily.
- 1 month after surgery: You will be instructed on scar care at this visit.

Watch for the following signs and symptoms. Notify the Mercy Clinic Medical Spa (820-9340) immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the Mercy Clinic Medical Spa 417-820-9340 if you have any questions.