

ASSOCIATES IN PLASTIC SURGERY, INC

**BLEPHAROPLASTY**  
**OUT-PATIENT SURGERY**  
**POST-OPERATIVE INSTRUCTIONS**

1. Use your medication as ordered.
2. Call your doctor if you notice any excessive swelling, bleeding or soreness particularly if in only one eye. Mild visual blurring for a week or two is not uncommon. Significant difference in your ability to see out of one eye as compared to the other should be reported to your physician immediately
3. It is necessary that you stay quiet and do little talking for the next 24 hours as excessive activity may cause bleeding to occur.
4. Sleep on three or more pillows if possible, this will help decrease bruising and swelling. After two or three days, this will be of limited help to you.
5. You may sleep on your side if it is more comfortable for you, but keep the surgical site elevated if possible.
6. You have been given a bottle of Sodium Chloride (salt water) and some gauze pads. When you arrive home, pour this solution into a bowl, place several gauze pads in the bowl with the solution and place in the refrigerator. Place a cold gauze pad on each eye. Alternate pads on the eyes with cold pads that are in the solution as necessary (every 20 to 30 minutes). Continue this through the evening to help decrease swelling and soreness.
7. You have been given a tube of eye ointment. At bedtime squeeze some ointment on your stitch line and in your eyes to keep them moist.
8. You may drink liquids when you arrive home. By evening you may have a light meal.
9. Do not drink any alcoholic beverages- beer and wine included -for 48 hours. They do not mix well with anesthesia and may make you very sick.
10. Do not drive your car or do anything that requires your coordination for 48 hours or as long as you are taking narcotic or sedative medication. The medication and/or anesthetic agents may interfere with good judgment.
11. Do not smoke for 48 hours after surgery.
12. Tearing from the eye reflects drying of the eye. This should be managed with artificial tears you have been provided. You can also decrease eye dryness by closing the eyelids (if eyelid closure is incomplete) with a dressing or tape.
13. You may shower 24 hours after surgery unless otherwise directed.
14. Do not hesitate to call the doctor's office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00 PM, when the office is closed or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
15. Return appointment: \_\_\_\_\_  
The above postoperative instructions have been explained to me by \_\_\_\_\_  
and I completely understand them insofar as possible.

**Patient Signature**\_\_\_\_\_