

Blepharoplasty Post-Operative Instructions

General Instructions

- Someone must drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet with high protein and fluid intake.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any pain medications (narcotics).
- Refrain from vigorous activity for 2 weeks. Increase activity gradually as tolerated.

Incision Care

- Some drainage/oozing is common after surgery – especially in the first 1-2 days
- Apply antibiotic ointments to any external incisions three times a day
- If steri-strips were placed over incisions, keep steri-strips on
- Ice the area with an ice pack – but avoid direct contact of ice on skin
- No swimming for 1 month.
- Please return within 5-7 days for suture removal if you have external sutures

What to Expect

- Incisions may be taped with steri-strips. Leave these in place until they fall off themselves or need to be changed. You can expect drainage onto the steri-strips.
- Expect moderate drainage on your initial dressing, it is not uncommon for this to seep onto the surgical dressings
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area.
- You may have random, shooting pains and itching around your incisions for a few months. This is part of the normal healing process.

Appearance

- Most of the discoloration and swelling will subside in 2-4 weeks.
- The surgical area will feel firm to the touch, this will soften over the next 3 to 6 months.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

Follow-Up Care

- Follow up within 5-7 days of surgery

When to Call

- If you have severe or increased pain not relieved by medication.
- If you have visual loss/blindness or visual changes
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 101.3 degrees.
- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions, Please contact:

- Katie Leemaster PA-C at katie@districtps.com or Dr. Praful Ramineni at doc@districtps.com
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.

Please Email Jackie at jackie@districtps.com to set up your post op appointment for Monday/Thursday
_____ (please give preference of morning or afternoon post op appointment).