



Excision Post-Operative Instructions

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call if you have any questions or concerns.

ACTIVITIES

- You may shower, but avoid very hot water. Keep the incisions clean by applying a cool or warm moist cloth three or four times a day. Keeping the incisions clean will help make suture removal easier.
- It is extremely important that you do not smoke or have any form of nicotine for a minimum of 1 to 2 weeks after surgery. Smoking might cause delayed healing and increase your risk of postoperative complications.
- Continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), Vitamin E, and herbal medications for one week after surgery.
- You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with your physician before resuming any strenuous activity such as biking, swimming, aerobics, or weightlifting (usually 3 weeks). Also, when returning to more vigorous exercise, start slowly and gradually work up to your daily routine.
- You may drive after you discontinue your narcotic pain medication and when you are comfortable driving.

PAIN AND SWELLING CONTROL The blepharoplasty usually causes very little pain. If you experience any severe pain or any visual changes, call your physician's office immediately.

- Keeping your head elevated above your waist will help reduce swelling. If you are not comfortable sleeping with your head elevated, you may sleep flat. It is more important to get a good nights rest.
- You may apply cool compresses to your eyes for the first 48 hours while you are awake. This will help reduce some of the swelling and discomfort. Do not use ice packs and do not apply heat.

It is normal to experience swelling and bruising around the eyes for the first few weeks after surgery. Other normal experiences are:

- Mild burning sensation in the incision
- Watery or slightly dry eye sensation
- Difficulty closing the eyelids completely for the first few days
- A small amount of drainage during the first few days

Wait until the incisions are healed before applying eye makeup or wearing contact lenses. This will be approximately 5 to 7 days after surgery.

PLEASE CALL YOUR PHYSICIAN'S OFFICE AT THE FIRST SIGN OF:

- Excessive (severe) pain and/or swelling
- Redness, drainage, or odor from the incision(s)
- Fever or chills
- Shortness of breath

Avoid prolonged exposure to the sun, and wear sun protection with an SPF of 30 or higher for at least 6 months after surgery.

Please call the office for any questions or concerns at 813.406.4400.