

BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Q-tips and hydrogen peroxide
- Polysporin original ointment
- Refresh Tears and Lacri-lube ointment

Activity:

- Cold compresses should be applied for at least 10 minutes every waking hour after surgery for the first 48 hours after surgery. These can be frozen gel packs or a face cloth in a bowl of ice water.
- Keep your head elevated as much as possible over the first 7 to 10 days after surgery to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- You may shower the following day after surgery, but do not get soap or water in your eyes. If you have steri-strip bandages in place do not get them wet either.
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4-6 hours, ONLY as needed. **NEXT DOSE:**
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting
- If your eyes feel dry or irritated, use Refresh Tears as needed during the day

- If your eyes feel dry or irritated in the mornings, use Lacri-lube ointment before sleep
- Prednisolone (Pred Forte) eye drops are only used for patients undergoing both upper and lower eyelid surgery. These eye drops are to be used as prescribed (2 drops in each eye, four times per day for 3 days).
- Some surgeons recommend a homeopathic medication known as Arnica to reduce bruising. Repeated scientific studies have demonstrated no reduction in bruising or swelling among patients given Arnica.
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively

Wound Care:

- A small amount of bleeding from the incisions for the first 2-3 days after surgery is normal
- Do not remove the Steri-strips or cut sutures on your own
- A rapid increase in pain and swelling in one eye / eyelid is a **medical emergency**. Immediately contact Dr. MacArthur or go to the emergency room.
- Any dried blood along the incision line can be safely removed with the use of a Q-tip and warm water

First Post-operative Appointment:

- All sutures will be removed at this appointment. Some lower eyelid sutures are dissolving and will be left to fall out on their own if used.

Recovery:

- Avoid heavy lifting (greater than 10 lbs), straining or vigorous exercise for 4 weeks
- Walking and non-strenuous activity can be resumed immediately after surgery when you feel comfortable
- Do not wear contact lenses for 2 weeks following surgery
- Make-up can generally be applied two weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2 to 3 weeks after surgery.
- Avoid direct sunlight to the incisions for at least 3 months after surgery

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Sudden increase in pain and swelling in one eye
- Increasing pain, redness, foul odour or drainage from the incision
- Fever exceeding 38.3°C
- Excessive bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____