

POST-OPERATIVE CARE FOLLOWING BLEPHAROPLASTY

Call our office promptly if:

- ✓ **You have a temperature over 100°**
- ✓ **There is unusual bleeding or discharge from the incision**
- ✓ **You have any change in vision**
- ✓ **You have increase in pain which is progressive and not easily relieved with medication.**

If any of the above should occur during regular office hours, the facial plastics nurse can be reached at 217 545-2540. The regular office hours are 8:00 to 4:30.

If the nurse is not available, the facial plastics secretary can be reached at 217 545-2598.

If it is after regular office hours (8:00 am to 4:30 PM), we can be reached 24 hours a day by calling 217 545-8000 and asking the ENT resident on call be paged.

What Can I Expect ?

- ✓ Some bruising, swelling and discomfort will be expected, which is often worse the second day after surgery.
- ✓ Tearing and light sensitivity is expected, but only for a short duration.
- ✓ Some oozing of blood from the wound is typical for the first day after surgery.

How Do I Care For Myself ?

- ✓ A non-aspirin, mild pain medication may be needed after surgery, since severe discomfort or pain is rare.
- ✓ Apply cold compresses or ice several times in the first 24 hours to reduce swelling and bruising (ten minutes on, ten minutes off).
- ✓ Eye drops or an eye ointment may be prescribed.
- ✓ Do not get the stitches wet for two (2) days. Then the incision lines should be cleaned up to 4 to 6 times a day. Q-tips, soaked in hydrogen peroxide, should be rolled over the incision site. Antibiotic ointment - such as Bacitracin- should be applied in a thin film, covering the area. Discontinue using the antibiotic ointment after five (5) days and apply Aquaphor ointment. The stitches will be removed in 7 to 8 days and after that time a thin amount of Aquaphor ointment can be used over the incision area for the next week or so to keep the incision line moist. Then a good moisturizer should be used.
- ✓ Sunglasses may be worn to reduce light sensitivity
- ✓ Apply warm compresses to reduce crusting of eyes, which may appear in the first two (2) days after surgery.

DO NOT:

- ✓ Wear contact lenses for the first five (5) days after surgery.
- ✓ Exercise, lift or strain during the first two (2) weeks after surgery.
- ✓ Use non-prescription medication for the first two (2) weeks – especially medications containing aspirin.
- ✓ Swim -- until approved by your physician
- ✓ Remove the dressing(s).

- ✓ Scrub, wash or massage your eyes. Do not wear make-up until approved by your physician.
- ✓

IF YOU HAD A CHEMICAL PEEL OR LASER SURGERY:

- ✓ Keep the area moist with A&D ointment or Aquaphor at all times during the first 5 to 7 days following surgery or until seen at the office.
- ✓ After 24 hours, the area can be cleansed with full or half-strength hydrogen peroxide. Be sure to re-apply the A&D ointment or Aquaphor. Repeat this process three (3) times a day.
- ✓ Do NOT apply cover make-up until approved by your physician

