



## UPPER AND LOWER EYELID BLEPHAROPLASTY

**Diet:** Soft diet for two days.

**Activity:** No lifting greater than 15 lbs week 1 or 50 lbs week 2. Avoid any straining and push/pull exercises or work such as vacuuming, mowing or shoveling. These activities have the greatest risk of causing a post-operative bleed that needs attention. Sleep on your back if possible and sleep on two pillows for two weeks to help with swelling.

**Bleeding:** Some bleeding from the corners of the incision is normal. Excessive bleeding or eye bulging and loss of vision is not. This would constitute an emergency and you will need to contact me or on call physician immediately. See contacting us section below. If lower eyelids were accessed through the pink part of the eye, there could be minimal bleeding in or from the eye. In very minimal amounts this is OK.

**Personal Care:** OK to take a bath or shower one day after surgery. OK for you to get water and even shampoo and non-abrasive soaps on the incisions. Don't use any soaps with alpha hydroxy acid or other resurfacing or wrinkle reduction chemicals, specifically no retinoids such as Retin A or analogs on the incisions.

**Wound Care:** Clean all incisions with peroxide and apply antibiotic ointment or Aquaphor on all external incisions twice daily. It is easiest to use Peroxide in a dixie cup and cotton tip applicators to apply the ointment.

**Eye care:** You will need rewetting drops for daytime and lubricating eye ointment at bedtime. Typical brands of drops would be Natural tears, Allergan rewetting drops, or Systane. Anything prescribed by your eye doctor is fine. Night ointment typical brands include Lacrilube or Genteal. Once again there are other brands. Use the drops 1 drop in each eye 3 times daily. Lubricating eye ointment, one strip in the eye at bedtime. If I prescribe an antibiotic or steroid drop please use as directed. This isn't always necessary, and should not be expected.

**Pain control:** You will usually be prescribed a pain medicine. You can also use Tylenol but not at the same time because most prescribed medicines have Acetaminophen in them so you must be cognizant of the amount and limits over 24 period. You CANNOT take Motrin, Advil, Aleve, Ibuprofen, naproxen, Naprosyn, Gingko, Ginseng, Garlic pills, high dose vitamin E, Fish oil, Glucosamine or Aspirin in any form. If you require any of these medicines to prevent a life or organ threatening condition, you will be given a specific plan. Narcotic pain medicine can be addictive. You will most likely not receive another prescription. You will be guided to use non-narcotic medicines after the first prescription.

**Contacting us:** The office and answering service numbers are the same at (248) 334-9490. If you have a true medical or surgical emergency and we don't reach you within 10 minutes, start heading to Trinity Oakland if you are close enough and someone can drive you. If you are not close enough or someone cannot drive you, call 911 and you will be taken to the nearest emergency room. In this situation, we may not be able to see you but we can facilitate your care.