

Surgery ~ Blepharoplasty Post-Op Instructions

The following post-operative instructions are specific to your procedure & are meant to serve as guidelines to help you through your recovery. Please read them carefully.

- **EMERGENCIES**

A hematoma is the most common emergent event within the first 24 hours. If you experience vision loss or if one eye begins to swell to twice the size of the opposite side, call Dr. Cooper immediately.

For routine matters, please call the office during business hours. If you have an emergency that cannot wait, I am available by cell phone (307) 699-3115 on evenings & weekends. Please respect my family time & call ONLY for urgent or emergent issues. Non-emergent phone calls after hours & on weekends will be subject to a \$50.00 fee. Examples of urgent or emergent issues include the following: sudden onset swelling, redness / warmth involving your incision(s), or unilateral calf pain or swelling. If I do not answer right away, leave a message. I will call you back! If you have a life-threatening emergency, such as crushing chest pain or shortness of breath, call 911 immediately. If you have any questions on a Thursday or Friday, please call the office to have those questions answered. Do not delay those questions & have those issues become an urgent matter over the weekend.

- **NARCOTICS AND PRESCRIPTION MEDICATIONS**

Nausea is normal when taking multiple medications. To minimize this, avoid taking medications on an empty stomach. Try to stagger your medications 20-30 minutes apart. You may “halve” the pain pills or muscle relaxers if they are too strong for you. If your pain is relatively well-controlled, you may alternate your pain medication with extra-strength Tylenol. Motrin / Aleve / Ibuprofen may also be used beginning 7-10 days following your procedure.

You will receive ONE prescription for pain medication. No refills on narcotics will be authorized for this procedure, so please use them wisely. Refills on all other prescriptions will not be authorized after hours or on weekends. Please plan ahead accordingly.

If you are taking narcotics for any other reason prior to your procedure, please take this into consideration.

Consultation with your pain management physician prior to your surgery is encouraged and is the responsibility of the patient.

- **ANESTHESIA**

You may experience a sore throat after surgery. This is common after general anesthesia & will resolve in a few days.

- **NAUSEA**

Nausea is common after general anesthesia. Anti-nausea medication will be prescribed for you. A clear liquid diet is recommended until the nausea subsides, after which time you may resume a regular diet.

- **INCISION & EYE CARE**

Use cold saline compresses for the first 24 hours for comfort. This will help reduce swelling & bruising. Temporary swelling of the eyelids, tightness of the lids, bruising, dryness, burning, & itching of the eyes is expected for 2-3 weeks. Refresh or Lacrilube eye drops will help alleviate these symptoms. Maximum discomfort will occur during the first three days & improve each day thereafter. You may have sensitivity to light, wind, & other irritants for several weeks. Sunglasses will help. You may have difficulty closing your eyes completely for the first few days following surgery. This will resolve as the bruising & swelling subside.

Arnica & Bromelain are recommended homeopathic supplements which facilitate resolution of bruising & swelling after surgery. These can be found at Whole Foods or online at www.viramedica.com/com

- **PERSONAL CARE**

You may wash your hair 3 days after surgery. You may shower facing away from the water as soon as you feel ready. No contact lens wear for 4 weeks.

- **DIET**

If you experience nausea after surgery, a clear liquid diet is advisable until the nausea subsides. Otherwise, there are no dietary restrictions after surgery. Drink plenty of water! Water intake and stool softeners will help minimize constipation from narcotics (pain medication) after surgery.

- **CONSTIPATION**

Constipation is a common complaint after surgery & can be associated with anesthesia & narcotics (pain medications). Hydration & utilizing pain medication only when absolutely necessary will help minimize this. Stool softeners & laxatives (Colace, Dulcolax, Miralax) are over-the-counter medications that can help alleviate your symptoms. If these are insufficient, a Fleets Enema is the next best option.

- **SLEEP**

Finding a comfortable position after surgery can be a challenge! Sleeping in a flexed position (with pillows or in a recliner) may be more comfortable for the first few days after your procedure. You may gradually resume sleeping in your natural, preferred position thereafter.

- **STITCHES**

Stitches will be removed in the office approximately 7-10 days after surgery.

- **DRIVING**

Wait at least 24 hours after you have stopped taking prescription pain medication to operate a vehicle.

- **EXERCISE / ACTIVITY**

Keep activities to a minimum for 3-5 days. Avoid activities that raise your blood pressure (bending / lifting) & rigorous sports for 2-3 weeks. You may read or watch TV after 3 days.

- **ALCOHOL**

You may consume alcoholic beverages once you are no longer taking prescription pain medication. However, please take into consideration your other medications & how they may interact with alcohol.

- **FEVER**

If you experience any increased warmth or redness around your incision(s) OR fever (>101.5), please call the office.

- **TRAVEL**

No travel for 2-3 weeks following your procedure.