

# BLEPHAROPLASTY POST-OP INSTRUCTION SHEET

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 normal business hours (9AM – 5PM). If you have an emergency that cannot wait, I am available by cell phone (307) 699-3115 on evenings & weekends. Kylee is also available by cell phone at (307) 222-4194. Please respect our family time & call ONLY for urgent or emergent issues. Non-emergent phone calls or texts after hours & on weekends will be subject to a \$100.00 fee.

Examples of urgent or emergent issues include the following: sudden onset or extreme swelling of the surgical site, redness / warmth involving your incision(s), fever >101.5 or unilateral calf pain or swelling. If you have a life-threatening emergency, such as crushing chest pain or shortness of breath, call 911 immediately. Do not try to reach me first. 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 highly encouraged & is the responsibility of the patient.

Arnica & Bromelain are recommended homeopathic supplements which facilitate resolution of bruising and swelling after surgery. These may be found online, at your local pharmacy, or at Whole Foods.

- **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**

Elevate your head and use cold saline compresses for the first 72 hours. This will reduce swelling & bruising. Temporary swelling of the eyelids, as well as tightness of the lids & bruising, is normal and to be expected for 2-3 weeks. Dryness of the eyes is normal after a blepharoplasty & can exacerbate blurred vision. Refresh or

Lacrilube eye drops will help alleviate these symptoms. Itching of the eyes is also normal and may last several weeks to months. 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 online at [www.vitamedica.com/product/arnica-bromelain-](http://www.vitamedica.com/product/arnica-bromelain-)

Lastly, **it is normal to experience a color change in your lids after surgery.** It is common for your lids to have a pink or purplish hue from 6 weeks to 6 months. This is a normal response to wound healing and will resolve with patience and time. Make-up may be used as needed.

- **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 with your head elevated (with pillows or in a recliner) may be more comfortable for the first few days after your procedure & will help reduce swelling. 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, including 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.

- **SWIMMING**

No swimming for 3 weeks following your procedure.

- **TRAVEL & SCHEDULING**

No travel for 3 weeks following your procedure.

Our OR time is valuable. If you already have plans to travel, please take this into consideration prior to choosing a date for your procedure to avoid multiple rescheduling attempts with our office and the surgery center.

- **SOCIAL SUPPORT AND HOME CARE**

You **must** have someone to stay with you for 24 hours following your procedure. You will need assistance the first few times you get out of your bed or chair to prevent falls. If you live alone and need recommendations for after-hours care, please let us know and we will be happy to provide you with resources.

Pre-plan your meals and make sure you are prepared for your recovery with snacks, drinks, and extra wound care supplies. Hand sanitizer, alcohol, gloves, and extra gauze are useful to have on your bedside table for the first few days following your procedure.

- **MENTAL HEALTH**

We understand that surgery is stressful and are here to support you with any surgical-related questions during your recovery. However, **you** are responsible for the quality of **your** mental health. If you take any medications for mental wellness, please make sure those are optimized prior to your procedure to make your recovery as smooth and pleasant as possible.