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**BLEPHAROPLASTY**

**POST-OP INSTRUCTIONS:**

* You will have a small amount of swelling and bruising following surgery. The amounts vary with each individual. The bruising usually resolves within two to three weeks. Your eyes may also appear bloodshot. This may take several weeks to resolve. The swelling may take a few months to completely resolve, but the majority of swelling is gone in two to three weeks.
* You can also expect numbness near the incisions that may last for several months.
* You may also experience tiny “bumps” along the incision lines, and an inability to close the eyes completely after surgery. This usually resolves within three to six weeks.

**ACTIVITY:**

* Rest at home for the first 24 hours. No heavy lifting (greater than 10 lbs.), or no strenuous activity (aerobics, jogging, vacuuming, etc.) for three weeks.
* Do not bend the body so the head is below the waist for two weeks.
* Sleep with head elevated on two pillows for one week.
* Bathing: You may shower/bathe on the morning after surgery. You may gently wash your face and eyelids as you normally do. Do not remove the Steri-Strip tapes over the incisions. They can get wet in the shower; just pat them dry, and leave them on until you come in for suture removal.
* Do not apply eye makeup until one week after the sutures are removed.
* Do not wear contact lenses for three weeks.
* Avoid smoking and being around anyone who is smoking for two months.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15.
* Tanning beds should be avoided. Wear sunglasses (with UV protection) to protect your eyes from bright sunlight and wind for the first several weeks.
* Avoid straining your eyes for such activities as watching TV or reading for the first several days.
* Sexual activity may be resumed with YOU feel comfortable.
* You may return to work in five to seven days, depending on your recovery and what type of work you do.
* You may drive in two to three days if not taking prescribed pain medication.

**DIET:**

* Begin with small sips of liquids and gradually progress to a regular diet, unless instructed otherwise.

**DRESSINGS:**

* You will have Steri-Strip tapes over the incisions. These should remain in place until you come back to get the sutures removed.
* Use ice water compresses ON for 15 minutes and OFF for 15 minutes during the first 24 hours. Do not use ice bags because the weight can cause tissue damage. You can use a soft washcloth or specialty sponge (given to you after surgery) dipped in bowl of ice water. Regular tap water is fine. Do not disturb your sleep to apply compresses.

**MEDICATIONS:**

* Take Tylenol or Extra-Strength Tylenol for pain. Do not take aspirin or any medication containing aspirin, unless specified by your doctor.
* Take the prescribed pain medication as needed.
* Use artificial tears for dryness and irritation.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over appearance such as swelling and bruising, and limitation of activity and socializing. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify our office immediately if you develop: POUNDING OR THROBBING TYPE PAIN ESPECIALLY ON ONE SIDE AND NOT THE OTHER, INCREASED SWELLING ESPECIALLY ON ONE SIDE, SUDDEN OR GRADUAL LOSS OF VISION, FEVER GREATER THAN 100 DEGREES, NAUSEA OR VOMITING. Call (540) 722-2280 if you should have any of these problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_