



BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

- 1) When lying down, prop head up on two pillows for the first week or so. Avoid sleeping on your side. Never lie face down. Keep head elevated; avoid lowering it as much as possible.
- 2) Keep ice compresses on both eyes 20 minutes on, 20 minutes off for the first two days. After that you may apply ice four as needed, 20 minutes on, 20 minutes off.
- 3) Follow the appropriate marked instructions:
 - a. You may wash the wounds daily with soap and water.
 - b. If you have steri-strip tapes, do not remove them. You may trim any steri-strips that are peeling away.
 - c. Keep the wounds clean and dry.
- 4) No driving or housework for a week. No lifting or exercise until Dr. Westawski advises.
- 5) Stay out of the sun and heat. Protect your eyes with sunglasses. Do not use eye make-up until advised to do so.
- 6) Take pain medications, antibiotics and other prescribed medicines as directed. Keep "Natural Tears" in the refrigerator; place two drops into each eye as often as necessary for dryness or irritation.
- 7) If all four lids were done, you will need ophthalmic ointment into your eyes at bedtime. Do not substitute with another ointment. If your vision is blurry from the ointment in the morning, rinse it out with "Natural Tears." Use dark glasses as needed.
- 8) Do not smoke – Smoking delays healing and affects circulation. Smoke may also irritate your eyes.
- 9) Keep your diet light the first few days. Avoid greasy or spicy foods.
- 10) Call for unusual pain, redness, swelling, bleeding, bruising, sustained fever or visual problems.

Your follow up appointment should be scheduled 3 days post operatively.

Follow Up Appointment _____ Time _____

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