

PLASTIC SURGICAL ARTS

4400 Lucile Dr Suite 103
Lincoln, NE 68516
402.483.2572

Todd F. Orchard, M.D.
Mathieu Hinze, M.D.

BLEPHAROPLASTY-POST OPERATIVE CARE

GENERAL INFORMATION:

- You may watch TV or read if you feel up to it
- You may have some slightly blurred vision for a while after surgery. The swelling in the area can effect the lens in your eye making your vision not as crisp. This will correct in time.
- You may wash your hair the day after surgery (not counting the day of surgery). Dry with a towel or cool dryer.
- Avoid eye makeup until you are given clearance after the follow up appointment and suture removal.
- Avoid prolonged exposure to the sun and heat for one month to avoid swelling. Wear sunglasses when outdoors.
- You may apply ice compresses for one to two days to reduce swelling, pain and bleeding.
- Keep your head elevated as much as possible to avoid swelling.
- Try to avoid rubbing your eyes. If there is drainage or crusts form it is OK to use moist compresses to try and remove this.
- Sutures are absorbable and will fall out overtime or will be removed at post op appointment.
- Avoid contact with any pet dander.

PAIN MEDICATION

- Take your pain medication as needed. Best to have something in your stomach when you take this medication.
- OK to take Tylenol on a schedule to minimize discomfort, but avoid Ibuprofen, Aleve, or Aspirin as these increase risks of bleeding and bruising.

CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:

- A temperature greater than 101 degrees F.
- Redness, swelling or large amounts of drainage from the incision site. Usually if the two sides are similar things are likely OK.
- Severe pain not responding to pain medications.
- Significant changes in vision, anything more than a mild blurring.
- If any other question or problem arise.