

Post Operative Care Instructions For Blepharoplasty

1. Plan to have a friend or family member spend the night with you on the night of surgery. Ask for assistance when getting up; your vision will be blurry.
2. Your eyes will be very swollen and you may have black eyes. The bruising and swelling will last for 1-2 weeks and longer in some people. Excessive tearing is normal.
3. Your eyes will probably not close completely when you are sleeping. This is expected and in most people will resolve in 2-3 weeks. (and longer in some people)
4. Your vision may be blurry for up to several weeks after surgery due to corneal swelling. Do not change your eyeglass prescription.
5. On the night of surgery keep your head elevated on at least 2 pillows. You will receive a Swiss Mask at the hospital that will act as a cool compress for your eyes. Keep this on as much as possible during the first 48 hours to reduce swelling.
6. It is very important that the person preparing your compress wash their hands well before preparing the compress.

Do NOT use ice on your eyes or face.
7. You have been asked to buy Refresh Plus and Refresh PM. They are available over the counter at your pharmacy.
8. Use the ointment at night until your eyes close completely during sleep. The ointment will make your vision blurry. If you have stopped using your ointment but find that your eyes feel gritty in the morning, go back to using the ointment at night for awhile.
9. Use the Refresh Plus artificial tears during the day when your eyes feel dry. You may use them as often as every 30 minutes.
10. Your stitches will be removed at 5-7 days after surgery. This will help you feel much more comfortable. Wait until your sutures have been removed before applying make-up.
11. Your eyes may be light sensitive following surgery. Wear sun glasses on outings. Once your incisions have healed, use a good sunscreen every day for at least a year. Contacts may be worn once the swelling has subsided, usually around 10 days after surgery.

12. Immediately post-op it is VERY important that you not exert yourself in any way (including during bowel movements) and that you do not bend with your head below your waist for the first 24 hours. NO EXERCISE OR HEAVY LIFTING for one month after surgery. We are thrilled if you feel great after surgery and want to get back in the swing of things, but DON'T DO IT. No heavy lifting (greater than 10 pounds – about the weight of a gallon of milk) or exercise for four weeks after surgery.
13. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft bland diet when you are ready.
14. If you have discomfort, take the pain medicine every 4-6 hours – only if you need it. Do not drink alcohol while taking the medication.
15. If you are having pain NOT relieved by pain medication, excessive bleeding from incisions, swelling much worse on one side than the other, or a fever >101, call your doctor.

If you should need to reach Dr. Coberly after hours or during the weekend please call (813) 448-6550 choose extension #6 to reach the answering service.