

## UPPER BLEPHAROPLASTY w/out Lid Lift Goggles POST-OP INSTRUCTIONS

- Apply cool compresses to the eyes on arrival home from surgery as follows:  
 Place 4x4 gauze pads soaked in cool Sterile Saline over the eyes for first 48 hours. Place frozen peas or cool compress on top of this, 20 minutes on, 20 minutes off (while awake).
- Apply Vaseline ointment to eyelid suture lines with a Q-tip 3 times a day starting morning after surgery.
- Begin Natural Tears® eye drops 3 times a day starting the morning after surgery.
- Sleep elevated on 3-4 pillows or recliner chair for the first week to decrease swelling.
- No driving for 3 days/ No lifting or extreme exercise for 2 weeks/ No contacts in for 2 weeks.

### EXPECTATIONS

- Rust colored or bloody tears are normal for the first week.
- Temporary bruising and swelling will occur during the first week.
- You may experience blurred vision and tearing for approximately 2 weeks.
- Blinking may be difficult or sluggish for the first week.
- Avoid sun or windburn for six months.
- After surgery, Dr. Gross recommends using one of our Medical Grade skin care eye creams for best maintenance care.
- Women may begin to apply make-up around the tenth day after surgery (check w/ Dr. Gross for his approval).

### MEDICATIONS

- Doxycycline 100mg 1 tablet two times a day for 3 days / antibiotic.
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed / pain.
- Celebrex 200mg take once a day as directed / inflammation.
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed / anxiety and sleep.
- Natural Tears® eye drops three times a day to lubricate eyes.
- Arnica take as directed (begin day before surgery) / swelling and bruising.
- Phenergan (promethazine) 1 tablet every 6 hours as needed / nausea

Follow up Appointment: \_\_\_\_\_

Primer call or Text 407.333.3040, if you have questions or concerns. If you have an emergency, call 911.

**I have received a copy of the above instructions and agree to follow them**

**X** \_\_\_\_\_ *Date:* \_\_\_\_\_ *Time:* \_\_\_\_\_