



UPPER BLEPHAROPLASTY Post-Op Care Instructions

- Wear Lid Lift Goggles for the first 4 hrs after surgery and 80% of day, for 2 days (remove goggles to see- ex: walk to bathroom or kitchen to eat) use oval eye pads on eyes, place on goggles.
- 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.
- Day 3 Place 4x4 gauze pads soaked in cool Sterile Saline over the eyes. Place frozen peas or cool compress on top of this (for 10 minutes a couple times per day).
- 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 for 2 weeks.
- ❖ If paired with Transbleph Browlift - Dr. Gross placed Endotines above your eyebrows, **do not** move this or try to manipulate it. It will dissolve in approx. 3 months.

EXPECTATIONS

- Rust colored or bloody tears are normal for the first week.
- Temporary bruising and swelling will occur during the first week.
- Bumps of swelling on the suture/incision line is normal for few weeks to month.
- 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 / 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: _____

Primera 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: _____