

## **BLEPHAROPLASTY 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 liberally to eyelid suture lines with a Q-tip 3 times a day starting when you arrive home after surgery. Use for 7-10 days.
- Begin Natural Tears® eye drops 3 times a day when you arrive home after surgery.
- Sleep on three to four pillows or in a recliner for the first week to decrease swelling.
- No driving for 3 days/ No lifting or exercise for 2 weeks. / No contacts in for 2 weeks.

### **EXPECTATIONS**

- 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.
- One week after surgery we recommend using healing serum - Primera Pharmaceuticals Under Eye Repair Serum® for lower eyelids. Use Scar Fade for upper eyelids (available at Primera Day Spa).
- Women may begin to apply make-up around the tenth day after surgery (check w/ Dr. Gross for his approval).

### **MEDICATIONS**

- Keflex 500mg (Cephalexin) 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 30X take as directed (begin day before surgery) / swelling and bruising.
- Phenergan (promethazine) 1 tablet every 6 hours as needed / nausea

### **FOLLOW-UP VISITS**

- You will be seen in the office in one week for suture removal. Please call Dr. Gross at (321) 356-4396, 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 \_\_\_\_\_