

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Blepharoplasty Upper & Lower

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **(845) 863-1772**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

You can expect:

- 1) Moderate discomfort-which should be relieved with the pain medications
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Bloodshot eyes
- 5) Slight oozing from the wound edges.
- 6) Blurry vision for a few days

Call if you have:

- 1) Severe pain not responding to the medications or significantly more pain in one eye than the other

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- 2) Marked swelling, or obviously more swelling on one side than on the other
- 3) Significant changes in vision (anything more than mild blurring)
- 4) If any other questions or problems arise.

Recovery:

- Keep the external incisions clean with Q-tips soaked in saline followed by an application of Polysporin antibiotic (over the counter) ointment to the incisions three times per day for one week or until sutures are removed. Sutures are usually removed 7 days from surgery.
- For the first 3 days apply cool compresses to your eyelids with gauze pads soaked in refrigerated Saline (bottled sterile salt water) dilute salt water. This is soothing and will help control the swelling. A bag of frozen peas makes a good cold compress.
- You may shower and shampoo your hair 48 hours after surgery.
- If you experience dry eyes, you may use over the counter refrigerated artificial tears either drops or ointments. Please do not use products like Visine. Do not wear contact lenses for one week or until approved.
- Keep your head elevated for the first week.
- Dark glasses are suggested for a period of one week to prevent irritation from sun and wind and to rest the eyes, even when indoors. This also helps to hide the bruising.
- Refrain from driving for one week or until you are no longer taking pain medication and your vision is within normal limits.
- Avoid smoking or usage of nicotine products for 6 weeks before and after your operation to prevent bleeding & poor healing. No alcohol for 2 weeks before or after surgery.
- Limit lifting, pulling, straining (including in the bathroom), and pushing for at least 7 days. Avoid bending over to pick things from the floor for one week. Avoid sports and strenuous activities for 4 weeks. Aerobic exercise is permitted after two weeks.
- Avoid prolonged exposure to sun and heat for one month to avoid swelling.
- You may wear camouflage makeup starting 24 hours post suture removal to hide any minor residual bruising which can last up to two weeks. Do not wear mascara or eye liner for two weeks.
- Begin using a silicone based gel (Scarfade) twice a day on your incisions for 3 months beginning 48 hours after suture removal. This will help to minimize the visibility of the incisions. It is important to remember that final swelling subsides after 3 months and that it will take up to one year for final healing of the incisions lines to the point where they will be minimally noticeable without makeup.

If you had a chemical peel or laser resurfacing procedure around the eyelids please refer to those additional instructions for details.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

_____ Patient Signature	_____ Date	_____ Coordinator Signature	_____ Date
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_____ Ran Y. Rubinstein, MD	_____ Date	_____ Nurse Signature	_____ Date
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Revised 6-9-09