

POST-OPERATION INSTRUCTIONS

Blepharoplasty

1. Take your medication as prescribed. The pain medication and anesthetic may cause constipation-eat lots of fruit and vegetables. Smoking may delay the healing process. If you smoke, reduce the amount as much as possible for two weeks before and two weeks after surgery.
2. You will be prescribed; 1) pain medication, 2) Lacrilube ointment/liquid for bedtime, 3) Tobradex eye drops for the first week post op, 4) FML eyedrops for the second week post op, 5) Colace- a stool softener which you should take until your first bowel movement.
3. Keep your activity to a minimum for the first 24-48 hours. Cold compresses, small packages of peas or crushed ice in a plastic bag – covered by a damp cloth over your eyes should be used while awake – 20 minutes on then 20 minutes off.
4. Bruising and swelling around the eyes is to be expected. It is not unusual for one eye to be more swollen than the other.
5. Minimal TV and reading for the first few days
6. **If you have an increase in pain in the eye, change vision or discharge from the eye contact the office immediately.**
7. Lower blepharoplasty requires an over night suture that supports the lower lid and protects the eye is taped to the forehead. This suture will be removed the day after surgery.
8. There may be a suture that holds the upper and lower eye lid together. This suture obstructs your peripheral vision and you should not drive while it is in place. The suture will be removed on day 7 after your surgery.
9. The remainder sutures will be removed 3-7 days after the surgery. Leave the tapes in place.
10. No make-up or contact lenses for at least 10 days and no strenuous activity for 3 weeks.
11. Massage the lower eyelid (**if instructed to do so**) following the suture removal – pushing the eyelid in an upward direction as instructed. Use a cream or an ointment (that you know you are not allergic to)
12. GentleWaves treatments are required post-operatively. This is a light therapy that improves the rate of wound healing.
13. The surgical result takes 2 to 3 months to settle. You may have occasional swelling that comes and goes. This is normal and it will settle.
14. Take the nutritional supplements which help with wound healing and speeds up your recovery.

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Further Care:

We recommend yearly check ups for contact lens wearers and patients over 40, or if your eyes are changing; otherwise every two years. Please call to arrange an appointment with your Optometrist/Ophthalmologist prior to your surgery and have the results of your check up faxed to us.

Any questions please call our office at (416) 921-7546