

## **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 min on, 20 min off. **WHILE AWAKE**
- Apply Vaseline ointment liberally to eyelid suture lines 3 times a day.
- Begin Natural tears eye drops 3 times a day, the morning after surgery.
- Sleep on three to four pillows or in a recliner for the first week to decrease swelling.
- No driving for three days.
- Do not wear contacts for 2 weeks.
- No heavy lifting or exercise for two weeks!

### EXPECTATIONS

- Temporary bruising and swelling will occur during the first week.
- You may experience blurred vision, and tearing for approximately two weeks.
- Blinking may be difficult or sluggish for the first week.
- Avoid sun or windburn for six months after the procedure.
- Approximately one week after surgery we recommend using healing cream such as Primera Pharmaceutical Under Eye Repair Serum→ (available at Primera Day Spa).
- (Women): You may begin to apply make-up around the tenth day after surgery (check w/ Dr. Gross for his approval on an individual basis).

### MEDICATIONS

- Keflex 500mg (Cephalexin) 1 tablet two times a day for 1 week.....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.
- SinEcch take as directed (begin day before surgery).....inflammation and bruising.

### FOLLOW-UP VISITS

- You will be seen in the office in one week for suture removal. Please call Dr. Gross at 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 \_\_\_\_\_

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