

Blepharoplasty Post-Op Instructions

Thank you for choosing Dr. Papanicolaou to perform your surgery. Please feel free to call us at 407. 478.3151 or email us at somaplasticsurgery1@gmail.com any time if instructions are not clear or issues are not addressed by this instruction sheet.

WHAT TO EXPECT:

- You will see Dr. Papanicolaou approximately 5 to 7 days following your surgery.
- Have someone drive you home after surgery and help you at home for 1-2 days after surgery. No driving for 3 days.
- Rest following your surgery. You need rest while your body heals. You can expect some drainage on your dressings covering your incisions. Maximum discomfort will occur in the first few days after surgery and most people are up and around 3-5 days.
- Temporary swelling, tightness, bruising, dryness, burning and itching of the eyelids are to be expected in the first week.
- If you take regular medications, ask Dr. Papanicolaou when it is safe to resume taking them.
- You may become constipated due to the pain medications and should begin a stool softener (i.e. Colace) after surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) after tolerating a diet to decrease straining. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).
- Sutures are dissolvable. They are clear in appearance and will be trimmed to the skin line at your first post-op appointment.
- Scars may become reddened before they fade. This is normal. Everyone heals differently, so be patient. Dr. Papanicolaou will also instruct you in the use of Silagen to help improve the appearance of your scars.
- **Avoid direct sunlight on scars for six months post surgery.**
- Makeup around the surgical area may be used around the 10th day after surgery but check with Dr. Papanicolaou for his approval.
- You will receive a phone call to confirm your follow-up appointment. If you do not receive a phone call from our staff on the day prior to your appointment, then we do not have you scheduled for an appointment. In this case, by all means please call us!

WHAT TO DO:

- Apply cool compresses to the eyes on arrival home after surgery. Place 4x4 gauze pads soaked in cool distilled water over the eyes for the first 48 hours. You may also apply cold compresses (e.g., bag of frozen peas or wet paper towels frozen in Ziploc bag) Note: **do not apply ice directly to skin** and do not use towels as detergents may irritate skin. May ice in 10 minute on and off intervals.
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- **Apply Vaseline ointment liberally to eyelid suture lines with a Q-tip 3 times a day starting when you arrive home after surgery.**
- Begin Natural Tears eye drops 3 times a day when you arrive home after surgery.
- **Sleep with your head elevated or in a recliner for two weeks.**
- Do not use contacts for two weeks.
- No driving for 3 days post surgery.
- No lifting or exercise for 2 weeks.
- Do not swim in a pool or the ocean for three weeks following surgery.

- Sauna and steam baths should be avoided for six weeks following surgery.
- Good Nutrition: Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea-free beverages including fruit juices and water, milk, and yogurt drinks.
- **Do not take aspirin or any products containing aspirin until approved by Dr. Papanicolaou.**

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 & Sleep
 Natural Tears eye drops three times a day to lubricate eyes.
 Arnica 30X take as directed (start the day before surgery)- Bruising
 Phenergan (Promethazine) 1 tablet every 6 hours as needed- Nausea

WHENTO CALL:

- If you develop severe shortness of breath or chest pain- call 911, then notify physician
- If you run a fever, or have chills- call our office
- If you have markedly increased pain, bruising, swelling, bloody drainage or yellowish/greenish drainage- call our office
- If you have persistent nausea or vomiting- call our office
- If you develop leg swelling or calf pain- call our office
- If you have persistent nausea or vomiting- call our office
- If you are uncertain about a medication or treatment- call our office

Please remember that we are here for you to answer any and all questions, no matter how small! PLEASE PRACTICE SOCIAL DISTANCING, ESPECIALLY 2 WEEKS PRIOR TO SURGERY. THIS IS TO REDUCE YOUR EXPOSURE AND POSSIBLE COMPLICATIONS ASSOCIATED WITH COVID-19.