



NORTHEAST PLASTIC SURGERY
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Blepharoplasty Post-operative Instructions

- Your post-operative appointment is scheduled for _____.
- Keep your head elevated on at least 2 pillows for at least the next 72 hours. This will help limit the swelling that you will incur at your eyelids.
- Apply cold, moist gauze to your eyelids to act as cool compresses for at least the next 72 hours. These may be fashioned by dipping 4x4 gauze sponges in a slush of crushed ice. Do not apply ice packs to your eyelids, as the excess weight may be uncomfortable and may impair recovery.
- Apply the prescribed ophthalmic ointment to your eyelid incisions every 8 hours.
- You may have small Steri-Strips (butterfly adhesive strips) holding the ends of your sutures in place. If so, please do not remove these strips.
- Aside from the cool compresses and the ophthalmic ointment to your eyelids, please keep your eyelids and the suture lines otherwise dry. You will normally be able to get the surgical sites wet following suture removal after your first post-operative visit.
- You have received prescriptions for _____ as a topical antibiotic for your incision and _____ for pain relief. You may alternatively take Tylenol for pain relief.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You may resume your pre-operative diet as tolerated.
- Restrictions are as follows:
 - Reading may resume after 2-3 days.
 - Avoid contact lenses for 2 weeks.
 - Avoid strenuous activity for 3 weeks.
 - Avoid leaning over with your head down for 3 weeks.
 - Avoid alcohol for 3 weeks.
- Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment

Please contact us with any additional questions or concerns.