

Post-Operative Blepharoplasty Wound Care:

Supplies Needed For Post-Treatment Care:

- Gentle cleanser (such as Cetaphil)
- 3% hydrogen peroxide
- Q-tips
- Vaseline or prescribed antibiotic ointment
- Ice packs
- Extra pillows for elevation of your head

Instructions

- Apply soft ice packs to your eyes continuously until bed time
- Sleep elevated on two pillows for the first two nights or in a recliner to keep your head elevated
 - This reduces the extent of bruising
- Do NOT rub your eyes
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity and taking pain medications, may promote constipation. You may want to add more fiber to your diet, and increase fluid intake.
- Take pain medication as needed.
- Do not drink alcohol while taking pain medications and antibiotics. Even when not taking pain medications, avoid alcohol for 1 week as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Keep activities to a minimum for the first 48 hours after your procedure.
- Walking is okay, it helps reduce swelling and lowers the chance of blood clots.
- Avoid excessively hot environments (i.e. hot summer weather).
- Avoid activities that raise your blood pressure for one week after surgery, including bending, lifting and rigorous sports.
- Do NOT bend over at the waist and Do NOT lift over 10 pounds for the first week.
- Do not drive until you are able to see completely and no longer taking any pain medications (narcotics).
- You may resume exercise in 10 days and swimming in 3 weeks.
- Return to work based on how you feel.

Incision Care

- Apply soft (i.e. gel) ice packs or frozen peas/corn in a zip-lock bag to the eyes continuously until bedtime
- Keep ice compresses on as much as possible for the first 48 hours to minimize swelling
- You may shower 24 hours after your procedure, do not wash your face/eyes and do NOT rub your eyes
- Cleanse the incision site/suture line with 3% hydrogen peroxide on Q-Tips in a rolling motion to remove any crusting. (This will promote healing and minimize the final scar line.)
 - Do this 1 – 2 times per day.
 - If needed, you can place a gauze soaked in 3% hydrogen peroxide on the wound and let it sit for 5-10 minutes to help lift off some of the crusting.
- Apply Fucidin™ or Bactroban™ ointment after each cleansing until the wound is healed.
 - Apply the ointment 1 – 2 times per day after the wound has been cleaned
 - The goal is to keep the wound continuously moist – try to avoid letting it dry out
 - Avoid Polysporine™
- Inspect daily for signs of infection: yellow (pus) thick discharge, increasing redness, and a temperature of greater than 38°C.

Post-Operative Visible Suture/Wound Care (continued)

What To Expect

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Maximum swelling and discoloration occurs on the second day and will improve each day thereafter
- It is **not unusual** for one eye to be more swollen or discolored than the other
- A slight amount of oozing from the incision is normal
- Tearing, burning, tightness, itching, tingling, puffiness and red and bumpy incision lines are all normal concerns and will go away with full healing

Appearance

- Bruising and swelling will gradually decrease over the first 1-2 weeks.
- Red and bumpy incision lines are normal concerns and will go away with full healing.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out and can be easily removed
- Facial makeup can be applied after the sutures are removed (5th day)
 - As the incisions are healing, they can be inadvertently opened; avoid aggressively applying moisturizer or make-up to your eyelids.

Follow-Up Care

- Sutures, usually blue in color, should be removed in 5-7 days.

When To Call

- If you have increasing swelling or bruising.
- If you have a change in your vision
- If you have increasing redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have an oral temperature over 38°C.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

Feel free to email with any questions at info@drbrandt.com