



BLEPHAROPLASTY (EYE LIFT) DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- Ice packs, frozen peas, or ice water soaked pads on eyes for at least 20 minutes per hour for the first 48 hours, except while sleeping
- Keep head elevated at least 45 degrees, including while sleeping for 1 week
- Swelling, bruising, and discomfort are very normal symptoms
- Slightly blurry vision due to eye ointment is normal
- A small amount of bleeding is normal in the first 24 hours and should resolve
- If a follow up appointment was not made the day of surgery, please call the office to make one

OPERATIVE SITE

- Use hydrogen peroxide on a Q-tip twice a day for 2 days to gently clean any dried blood
- Apply eye antibiotic to the incisions as instructed
- You may shower and get sutures wet 36 hours after surgery. Do not scrub over sutures or rub eyes. Do not use hot blow dryer.

ACTIVITY

- Do not drive for 24 hours
- Rest the entire day after surgery, avoid prolonged reading or watching TV the first day
- No vigorous activity or heavy lifting for 1 week
- Avoid SUN exposure for 3 months after surgery. Wear a hat, sunglasses, and sunscreen if you have to be out in the sun.

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Abnormal changes in vision
- Excessive swelling
- Increased bruising
- Heavy bleeding
- Increased pain to one side (left eye hurts more than right eye)

Call your doctor with ANY problems that concern you: Phone # (843) **766-7103**. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature