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Patient Name: _____

POST-OPERATIVE INSTRUCTIONS – BLEPHAROPLASTY

After Surgery:

Apply ice packs for up to 48 hours - the more the better. Discontinue after 48 hours. You may substitute bags of frozen peas for ice if this is easier.

- Sleep with your head elevated approximately 35 degrees until the swelling resolves (usually 3-4 days). If swelling persists after this, you may continue elevating the head as much as necessary.
- Clean the incisions around your eyes gently by patting them with a Q-tip soaked in peroxide, then apply Lacrilube ophthalmic to keep the incisions moist. You will need to do this at least 4-6 times a day. **Avoid getting the peroxide directly in the eyes.** Lacrilube ointment may be purchased over the counter at any pharmacy. The cleaning and ointment should be used approximately 10-14 days or until there is no more crusting.
- On occasion, an antibiotic ointment may be prescribed to place in the eye itself. Also, mechanical tears may be recommended. Use these as directed.
- In most cases, self dissolving sutures are used and are not necessary to remove. The cleaning and ointment will help the sutures dissolve. If non-dissolving sutures are used, a follow-up appointment will be scheduled for removal – usually 3-5 days after surgery.
- We will contact you the night of surgery to make sure everything is going well and to answer any questions. If you have any questions or concerns following your surgery, do not hesitate to call the office.

Signature: _____ **Date:** _____