



POST-SURGERY INSTRUCTIONS: BLEPHAROPLASTY

A successful surgery requires a partnership between you and Ryan S. Diederich, MD.

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of blepharoplasty and signs to monitor after surgery include the following:

Difficulty closing eyes. This should resolve as numbing medication wears off. Please use gel eye drops as needed for dry eyes. Keep in mind that you cannot drive after using gel eye drops as they do cause blurry vision. You can also tape eyes shut at bedtime for comfort. Please let your nurse know if this does not improve.

Bruising and swelling. Bruising and swelling are normal following blepharoplasty. Sleep with your head above your heart to help reduce swelling. See below for instructions regarding cold compresses.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness, or incoherent behavior such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen region anywhere on your face or bruising that is localized to one specific point of the abdomen.**
- **Shortness of breath, calf tenderness, or chest pain. If severe, please go to your nearest emergency room.**

DAY OF SURGERY INSTRUCTIONS

If your procedure was performed at the office using ProNox only, you may drive yourself home. However, we do encourage a driver as you may experience blurry vision from blood and tears. If surgery is performed at hospital or surgery center with anesthesia, you may not drive for 24 hours. Also note that you cannot drive while on narcotic pain medications.

Rest, but not bed rest. While rest is important in the early stages of healing, equally important is that you are ambulatory, meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

Recline, do not lie down. This will be more comfortable for you and can reduce swelling. Always keep your head elevated. Do not bend forward or over.

Good nutrition. Fluids are critical following surgery. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.

Take all medication exactly as prescribed.

Do not smoke. Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. Avoid all nicotine products including gum, patches, gaping, etc. This includes second-hand smoke as well.

Relax. Do not engage in any stressful activities. Do not lift, push, or pull anything. Take care of no one and let others tend to you.

Apply Cold Compresses. It may be more comfortable to soak gauze pads in water and store in the refrigerator. Wring out excess liquid and place over incisions. If using ice, be sure to apply a layer of cloth in between ice and your skin and limit application time to 15-20 minutes. **It is possible to experience a thermal injury if you do not protect your skin.**

Take medications as prescribed. Take pain medications as needed. You may also use over the counter Tylenol or Ibuprofen as needed for pain.

TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time, you will progress as each day passes. Ease into your daily activities. Do not drive if you are taking pain medication.

Continue to cleanse wounds as directed. You may shower. Take a warm, not hot shower. Do not take a bath. Do not remove any steri-strips. Do not rub your incisions. It may be more comfortable to stand with your back to the shower water. You can very gently cleanse your incision line with a moistened washcloth. Make sure someone is there to help and/or supervise you during your first shower. **Do not apply ointments or lotions to surgical site unless directed.**

Do not resume any exercise other than regular walking. Walking is essential every day to prevent the formation of blood clots.

No sun exposure. If you plan to go outdoors for any reason, use sun protection including wearing protective clothing. Avoid any direct sun exposure.

ONE TO TWO WEEKS FOLLOWING SURGERY

Follow-up as directed. Typically, patients are seen in office a one week after surgery for suture removal. Once sutures have been removed and incisions are healed, you can begin postoperative scar care. Your nurse will discuss this with you. Please call 618-288-7855 if you do not have an appointment scheduled.

Practice good sun protection. Do not expose skin in abdomen to direct sunlight. If you are outdoors, apply a minimum of SPF 30 to your incisions (only when they are fully healed) at least 30 minutes prior to sun exposure and wear protective clothing. The skin of your face is highly susceptible to sunburn or the formation of irregular, darkened pigmentation. You can also wear a hat or visor for additional sun protection.

SIX WEEKS FOLLOWING SURGERY

You may ease into your regular fitness routine. However, realize that your body may require some time to return to previous strength.

Discomfort or tightness and tingling of the skin will resolve.

No need to resume smoking. You have now gone 12 weeks (6 weeks prior to surgery and 6 weeks following) without. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

Continue healthy nutrition, fitness and sun protection.

Your scars will continue to refine. If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally healed to fine incision lines one year after surgery.

Your body will change with age. The normal influences of aging can cause changes to your appearance. You may wish to undergo revision surgery in the future to help maintain your appearance throughout life. Contact our office with any of your questions or concerns at any time.