



John T. Lindsey

M.D., F.A.C.S.

Plastic & Reconstructive Surgery

BLEPHAROPLASTY INSTRUCTIONS

Blepharoplasty is one of the most common ways of restoring a youthful appearance. Please let me know if you have any eye-related problems such as glaucoma or dry eye syndrome. All patients experience some degree of impaired blink and dryness of the eyes for the first 2 to 3 weeks postoperatively. For that reason it is imperative that you obtain the artificial tears and eye ointment preoperatively and use as directed. Plan one week off work, although an earlier return may be possible depending on your occupation. You will not be able to use contact lenses for 6 weeks. For the majority of patients seeking eyelid surgery, Dr. Lindsey will ask for a preoperative examination by your ophthalmologist.

Thank you for your attention to these details. This information will help assure the best possible result for you.

AFTER SURGERY

Your eyelids will be mildly swollen and mildly to moderately discolored. You should not have significant pain, particularly on one side and not the other. For any concerns, please call me at (504) 885-4508 (office) or (504) 495-5937 (cell).

1. For the first day, keep your head and shoulders elevated on at least 2 pillows. Please place 2 drops of artificial tears into each eye every 2-3 hours except when you are sleeping. Before sleeping, put eye ointment (Lacrilube) into each eye. Use the Swiss Therapy Masks while awake. The masks may be lightly rinsed, but do not soak them. The Swiss Therapy Masks are very

effective for the first 3 days. Thereafter, use them as needed for comfort.
Please see Swiss Therapy Eye Mask Instructions.

2. You may gently shower starting 24 hours after surgery. Apply antibiotic ophthalmic ointment to the eyelid incisions twice daily with a Q-tip. This small tube of antibiotic ophthalmic ointment was given to you prior to your departure from HOSC.
3. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication). No alcoholic beverages. Smoking is prohibited. No bending over or lifting after surgery for 2 weeks. No exercise for 6 weeks after surgery.
4. Clear liquids first. If no nausea, progress to crackers, soup, and then a regular diet as tolerated.
5. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach.
6. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
7. You may be up and around the house, but no strenuous activities or bending over the first 2 weeks after surgery.
8. Schedule your first post-op visit 3 to 5 days after surgery for suture removal. Schedule your second post-op visit 2 weeks after surgery. You may need to be instructed in lower lid massage depending on your progress. You will not look your best for 4 to 6 weeks after surgery.
9. Makeup is generally OK starting 5 to 7 days after surgery, depending on your progress. You may be able to go back to work at a desk-type job during this time.
10. Please call me at anytime at (504) 885-4508 (office) or (504) 495-5937 (cell) for eye pain, redness or pus around the incisions, swelling on one side substantially greater than the other, temperature of 101.5 degrees or higher, or any concerns or questions.