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Plastic & Reconstructive Surgery

Certified American Board of Plastic 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 a sooner return may be possible depending on your occupation. You will not be able to use contact lenses for 6 weeks.

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.

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 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 Neosporin Ophthalmic ointment to the eyelid incisions twice daily. This small tube of ointment was given to you prior to your departure from SurgeryPlex.
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. Do not take pain medication on an empty stomach. The pain pills may be broken in half for those patients with sensitive stomachs. For example, ½ tablet taken every hour equals 1 tablet every 2 hours or 2 tablets every 4 hours. Over the counter pain medications are encouraged and may be all that is required for comfort.
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 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.

OVER THE COUNTER TREATMENT FOR DRY EYE SYNDROME

Artificial Tears * Please obtain one of the following *
(Moderate to Severe Dryness)

Refresh Plus	Refresh Endura	Genteal (Moderate)
Genteal (Severe)	B&L Moisture Eyes	Refresh Liguigel
Bion Tears	Theratears	Tears Naturale II
Refresh Celluvisc		

***Apply 2 drops to both eyes every 2 to 3 hours.**

Eye Ointments * Please obtain one of the following *
(Bedtime Use)

Refresh PM	Lacrilube	Duratears	Genteal Gel
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All of these medications can be purchased at local drug stores and/or chain stores, i.e. Wal-Mart, K-Mart, Target, Walgreen's Rite Aid, etc. You do not need a prescription.

SWISS THERAPY EYE MASK INSTRUCTIONS

You will be given two Swiss Therapy eye masks for your postoperative care. The mask gently conforms to your facial features and supplies uniform coldness. **These masks are very delicate and will disintegrate if they dry out or if directions are not followed.** They are very effective for the first 3 days following surgery. Thereafter, use them for comfort as needed.

We recommend application of the eye masks in 20 to 30 minute rotating cycles. The masks should be returned to their individual trays after each use. You may also store the masks in a zip lock bag with a little bit of water to retain moisture. While using one mask, you should store the other mask in the refrigerator, a bowl of ice (in its original tray), or in a small ice chest (in its original tray) kept next to the bed. This makes the rotation process easier and ensures that one mask is always cold and ready for use. You may place a damp washcloth over the mask to help hold in the coldness. However, this is not necessary.

This procedure is the most effective method for maximum soothing, cooling, and swelling reduction.