

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784, In an EMERGENCY call 911

AFTER SURGERY INSTRUCTIONS

EYELID SURGERY (BLEPHAROPLASTY)

- Apply ice packs to the protected skin (dry cloth) in the eyelid areas for 24-48 hours. Frostbite CAN occur if icebag or blue ice is placed directly on skin.
- Sleep with your head elevated above heart level for 3 weeks. This will help decrease swelling and soreness. A sofa cushion under your mattress works better than trying to sleep on more than one pillow.
- Wear sunglasses for the first 48 hours after surgery.
- Administer Lacri-Lube ophthalmic ointment at night. Eye drops are to be used as needed during day.
- Take your medications as prescribed. See separate page.
- Call the doctor if you notice any progressive swelling, bleeding, or soreness, particularly if you notice the difference in only one eye. Vision may be blurry at first but vision loss should be reported immediately.
- It is necessary that you stay quiet and do little talking for the next 24 hours, as excessive activity may cause bleeding to occur.
- No lifting of objects greater than 5 lbs.
- You may drink liquids when you arrive home. If you are not nauseated, you may later have a light meal.
- ❖ **DO NOT** wear contact lenses until cleared by your doctor. Pulling on eyelid skin can disrupt incisions.
- ❖ **DO NOT** drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- ❖ **DO NOT** drive a car or operate machinery for the next 48 hours or while using pain pills.
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.
PHONE: 763-545-0443.

I acknowledge receipt of these after-surgery instructions.

_____ (signature) _____ (date and time)