



Laser & Cosmetic Surgery Specialists, PC

Ran Y. Rubinstein, MD

Post-Operative Instructions for Blepharoplasty

IN CASE OF AN EMERGENCY

1. During business hours: call the office @ **845-863-1772**
2. After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
3. **Avoid** going to the emergency room without contacting the office first for further instructions.

For the first 3 days apply cool compresses to your eyelids with gauze pads soaked in dilute salt water (1 level teaspoon of salt to 1 quart of water.) You may refrigerate this solution after mixing. This is soothing and will help control the swelling. A bag of frozen peas makes a good cold compress. Keep your head elevated for the first week. Keep the external incisions clean with Q-tips soaked in hydrogen peroxide. Apply Polysporin antibiotic ointment to the incisions three times per day for one week. Dark glasses are suggested for a period of one week to prevent irritation from sun and wind and to rest the eyes, even when indoors. This also helps to hide the bruising.

If you had a chemical peel or laser resurfacing procedure around the eyelids please refer to those instructions for details.

You can expect:

- 1) Moderate discomfort-which should be relieved with the pain medications
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Bloodshot eyes
- 5) Slight oozing from the wound edges.

Call if you have:

- 1) Severe pain not responding to the medications or significantly more pain in one eye than the other
- 2) Marked swelling, or obviously more swelling on one side than on the other
- 3) Significant changes in vision (anything more than mild blurring)
- 4) If any other questions or problems arise.

If you experience dry eyes, you may use over the counter artificial tears either drops or ointments. Please do not use products like Visine. Avoid smoking for 7 days after your operation to prevent coughing and possible bleeding. No alcohol for 1 week after surgery. You may shower and shampoo your hair 48 hours after surgery. Limit lifting, pulling, straining (including in the bathroom), and pushing for at least 7 days. Avoid bending over to pick things from the floor for one week. You may wear makeup approximately 7 days after the surgery, starting 24 hours after the last stitches are removed.

Recovery:

Avoid sports and strenuous activities for 4 weeks. Aerobic exercise is permitted after two weeks. Avoid prolonged exposure to sun and heat for one month to avoid swelling. Sutures are usually removed 5 to 7 days from surgery. You may wear camouflage makeup post suture removal to hide any minor residual bruising which can last up to two weeks.

If you had a chemical peel or laser resurfacing procedure around the eyelids please refer to those instructions for details. Begin using a silicone based gel (Scarfade) twice a day on your incisions for 3 months beginning two weeks post op. This will help to minimize the visibility of the incisions. It is important to remember that final swelling subsides after 3 months and that it will take up to one year for final healing of the incisions lines to the point where they will be minimally noticeable without makeup.

Patient/Family Signature

Nurse Signature

Ran Y. Rubinstein, MD

Date