

# STEPHEN EVANGELISTI, M.D.

*Aesthetic and Reconstructive Surgery*

## POST-OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

### Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation, Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

### Dressings/Bandages

- You will have tiny white tapes at the outside corners of your eyes and at the bridge of your nose. These hold in the place the suture that runs under the skin, holding your suture line together. These tapes and suture material remain in place until your one week post-operative appointment.

### Pain/Discomfort

- Expect your eyelids to be discolored and swollen for a period 5-10 days depending on your skin type, the amount of skin or fat that was removed, and whether you are taking Arnica Montana.
- You may use tiny zip lock baggies filled with baby frozen peas as cold packs on your eyes for the first 48 hours after surgery. Place a thin wash cloth or gauze over your eyes before placing the bag of frozen peas.
- On the 3<sup>rd</sup> day after surgery, you may use a luke warm wash cloth on your eyes at night as necessary for comfort.
- Avoid rubbing your eyelids for the first four weeks following surgery, but you may pat them gently to remove makeup.
- For the first 2-3 weeks after surgery, your eyelids will feel stiff. It is important to frequently close your eyes during the day and attempt to look up at the ceiling **without** moving your head up. This will ensure lubrication of the corneas of your eyes in the post-operative period.

### Driving/Lifting/Exercise

- You may drive as long as you **are not** taking narcotic pain medication.
- Avoid leaning over or heavy lifting for the first three weeks following surgery.
- Gentle walking is encouraged. Please refrain from strenuous activity for the first three weeks after surgery. Full activity and workouts can be resumed four weeks following surgery.

### Washing/Makeup

- You are permitted to wash your face the day after surgery with luke warm water, soap, and a light touch of the hands. Gently pat your eyes dry. You can apply your normal moisturizer if you wish however, avoid getting product close to or into the eyes.
- Makeup can be used approximately 8 days following surgery. This can help cover any redness of the scars or discoloration of the skin around the eye area. Redness of the scars may be apparent for a period of 6-8 weeks.

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