



Aftercare instructions, Blepharoplasty (Eyelid Lift)

Activity:

You should rest with your head elevated on at least two pillows for the first 48 hours after surgery.

You should apply cool compresses for the first 48 hours. The compresses should be applied for ten minutes at a time with ten minutes off in between.

Place the Ilotycin in your eyes (on your eyeball) twice daily for five days after surgery and use Lacrilube in your eyes to keep the eyes moist as needed.

Resume your diet gradually after surgery. Begin with foods that are easy to digest such as soups and jello. If you are feeling up to it you can progress to regular foods the evening of surgery; however, you need not do so. You should avoid heavy, fatty foods initially. Make sure to keep yourself hydrated by drinking plenty of fluids.

You should not exert yourself for the first two weeks after surgery. Gradually increase your activity level starting two weeks after surgery.

You may shower two days after surgery. After showering gently pat the incisions dry.

You may use a q-tip and saline to clean crusted areas of your incisions.

You may resume driving when you are not taking narcotic pain medication and feel comfortable and unencumbered by pain.

You may return to work in 10-14 days depending on the type of job you have and how you feel.

Exercise:

No activity that increases your heart rate to greater than 100bpm for three weeks.



No resistance exercise (weight or nautilus-type exercising) for four weeks.

No swimming, sitting in a hot tub or bathing in a tub for three weeks after surgery.

Medications:

Resume any medications you were taking prior to surgery as instructed.

Take 1-2 oxycodone tablets every four hours as needed for pain. You may also take acetaminophen in addition to oxycodone; acetaminophen and oxycodone need not be spaced apart from one another. If you are allergic to Oxycodone you will have been prescribed an alternative antibiotic.

If prescribed, remove the scopolamine patch the day after surgery; wash your hands after handling the patch.

Follow all instructions that accompany any of the medications.

Follow-up appointment:

Your first post-operative appointment will be 3-5 days after surgery.

Call the Clareo Aesthetics office at 617-505-6818 immediately for any of the following:

- Fever of greater than 102 degrees.
- Noticeable redness of the incisions.
- Rapid heart rate or rapid breathing.
- Difficulty breathing.
- Any drainage from your incision more than three days after surgery.
- Dizziness, nausea or vomiting.
- Your condition worsens.
- You are concerned or have questions.