

## POST OPERATIVE CARE

# LOWER EYELID BLEPHAROPLASTY

**PLEASE READ THESE INSTRUCTIONS IN THEIR ENTIRETY**

You have undergone LOWER EYELID BLEPHAROPLASTY surgery. Sutures were placed under the lower eyelid. They are delicate and should **NOT** be trimmed, rubbed, touched, or cleaned.

After your surgery, we will call you to schedule your post op appointment.

**Please do the following until your post op appointment:**

### APPLY OINTMENT TO SUTURES



- Gently moisten the incisions with the ointment. Ointment will not harm your eye but may blur your vision temporarily.
- If you typically use eye drops, continue using them.
- If experiencing dry eye, use artificial tears.

### APPLY ICE PACKS TO THE EYES



- Packaged frozen peas work well.
- Use for 20 minutes each hour for the first 24 hours after surgery while awake or as much as tolerated.
- After 24 hours, use 4-5 times per day. Stop once swelling resolves.

### YOU MAY SHOWER



- However, do not soak the incisions. Please face away from the shower head and clean your face with a warm, damp cloth.

### SLEEP WITH HEAD ELEVATED



- Elevate your head on pillows or sleep in a reclining chair for 24-48 hours to help resolve swelling faster.

### PRESCRIPTIONS



- Place one Maxitrol drop on your eyes three times per day.
- Take oral antibiotics as directed.

### OTHER



- No eye makeup.
- Avoid contact lens use for 2 weeks. Glasses may be worn.
- Resume blood thinners (including aspirin) two (2) DAYS after surgery.

**Important: unknown allergies** to antibiotic ointment can occur. Signs include intense irritation, puffy redness, itchiness, or severe pain. Stop the ointment immediately and text or call the office. If possible, please photograph, or have someone photograph, the reaction to text to the doctor for review.

## LOWER EYELID BLEPHAROPLASTY

### You may experience the following:

1. BRUISING AND SWELLING IS EXPECTED. Your eyelids will swell. Swelling can remain for 1 – 2 weeks.
2. DIFFERENCES OF BRUISING AND SWELLING BETWEEN SIDES IS NORMAL, even if the identical surgery was performed on each side.
3. BLURRED VISION IS NORMAL. Blurred vision is typically caused by ointment in the eyes or dryness of the eyes. Dryness can be treated with artificial tears.
4. REDNESS AND CRUSTING OF THE INCISIONS IS EXPECTED. This is normal healing.
5. MILD PAIN OR SORENESS IS EXPECTED. Take pain medications AS NEEDED. Begin with Tylenol (Acetaminophen). AVOID ASPIRIN OR IBUPROFEN.
6. MILD BLEEDING FROM INCISIONS IS COMMON. Treat with gentle pressure of a clean gauze for 10 minutes. HIGH BLOOD PRESSURE can worsen bleeding. Be sure to take your normal blood pressure medicine(s) as directed.

### The following are NOT normal. PLEASE CALL if you are experiencing:

1. SEVERE PAIN not controlled with routine pain meds
2. THICK GREEN PUS or SIGNIFICANT DISCHARGE from the incision
3. THE EYE CLOSING ENTIRELY from swelling or bruising
4. SIGNIFICANT VISION LOSS (worse than blurred vision from ointment or dryness)
5. SEPARATION OR GAPING of the incision edges

| <i>Who to Text or Call</i>          |                                   |              |
|-------------------------------------|-----------------------------------|--------------|
| Regular Hours (8a-5p, Mon-Fri)      | Clinic Technician Line            | 479-279-6900 |
| After Hours                         | Dr. Heymann's PA Ellie            | 913-940-7754 |
| If you can't reach us any other way | Dr. Heymann's personal cell phone | 361-739-9376 |



- If you are experiencing an issue, do not hesitate to text or call at any time.
- If texting, please include a helpful picture depicting the issue, your name, date of birth, date of surgery, and type of surgery.



If you are experiencing an emergency that is life or vision-threatening, or are unable to get in touch with us, call 911 or go to the emergency room.