

BARRY J. COHEN, M.D., P.C.

Blepharoplasty

Post Op Discharge Instructions

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398.

- After surgery you will have ophthalmic ointment on your incision as well as inside your eyes. You will need to use the ointment three times a day on the incision site and once inside your eyes at bedtime. You will need to use the ointment for one week.
- For the first 3-5 days your eyes may not close completely and therefore the ointment will help prevent the eyes from drying out.
- You will need to keep your head elevated, avoid bending over, straining, and minimize coughing. This could increase the pressure in the face and increase bleeding.
- You will have normal swelling and bruising on and around your eyes. You may use cold compresses (i.e. washcloth, peas, etc.) for 10-15 minute intervals throughout the day. **NO ICE!**
- You may shower 24 hours after surgery. Do not scrub the incision sites, just rinse with water and pat dry.
- Keep the incision site clean and dry.
- You will not be able to wear eye make up until the incision has healed and the sutures have been removed.
- Do not take any medications containing aspirin or Motrin for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement is needed to help prevent the risk of constipation related to usage of pain medications
- It is very important to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing and coughing every hour while awake with incentive spirometry to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding from the surgical site

Please contact the surgeon's assistant to make your one week post op follow up.

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE