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DISCHARGE INSTRUCTIONS AFTER BLEPHAROPLASTY

- After discharge, for the first 48 to 72 hours, please keep your Swiss therapy (cool wet compress) on your eyes for most of the day.
- You will have visible sutures and steri-strips around your eyes. Please leave these alone.
- Try not to do any lifting, stooping, bending over or anything that would increase the circulation to your head for the first few days as that will cause more swelling.
- You will notice that your lids are more swollen in the morning and then will improve as the day progresses.
- Please cleanse your incisions with ½ strength peroxide and water on a Q-tip to remove any clot or debris. Do this 2-3 times a day or as needed for about 5 days.
- Please place antibiotic ophthalmic ointment on your incisions 2-3 times a day for the first few days. Please use Refresh celluvisc lubricant eye drops by Allergan in your eyes at night until I ask you to stop. At first it's common not to be able to close your eyes completely at night, and we don't want your eyes to dry out while you are sleeping. The drops may make your vision temporarily blurry in the morning.
- Use Natural Tears, Clerz or Hypo-Tears 3-4 times daily during the day or even more often to keep your eyes moist. **DO NOT** use Visine or Murine as these can increase irritation.
- Please take approximately 100 micograms of Vitamin K each day for three days before, the day of and one day after your procedure to minimize bruising unless your blepharoplasty is part of a larger procedure like a facelift. Vitamin K can be found at most health food stores like Good Foods or South River Compounding Pharmacy on Huguenot Road or Mayland Court.
- You should not wear contacts for about two weeks after surgery. Please ask me when you may start wearing them again.
- Do not take your medications on an empty stomach as this can cause dizziness and nausea. In addition, be aware that all pain medications can cause constipation.
- The use of over-the-counter laxatives or stool softeners (colace) is recommended post-op while taking prescriptive pain medicines.

- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for two weeks after your surgery as this will increase your risk of bruising and poor healing.
- The best way for you to heal faster and feel better sooner is to walk every day as soon as you are able. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. I will restrict you from aerobic exercise, but walking is advised.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Call my office immediately if you develop severe eye pain on one side only and it is associated with severe eye swelling (this is exceedingly rare).
- Smoking dramatically increases your risk of infection, poor healing and bad scarring. **PLEASE REFRAIN FROM SMOKING FOR AT LEAST ONE MONTH BEFORE AND AFTER SURGERY OR UNTIL YOU ARE COMPLETELY HEALED.**

PLEASE FEEL COMFORTABLE TO CALL DR. BLANCHET'S OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON A WEEKEND, YOU CAN REACH THE DOCTOR BY CALLING 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**