

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. Or you may use the Lid Lift goggles available for purchase in our office that would be placed on post-operatively and worn consistently for 3-5 days. They have been shown to speed up healing. You would be able to remove while showering, eating, etc.
- 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 use Aquaphor 3 times daily for 5 days as well.
- Please use **Refresh Celluvisc** lubricant eye drops by Allergan in your eyes at night until I ask you to stop. At first, it can be 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 **Refresh Tears, GenTeal Tears** or **Thera Tears** 3-4 times daily during the day or even more often to keep your eyes moist. **DO NOT use Visine, Murine or artificial tears as these contain alcohol and can increase irritation.**
- You should not wear contacts for about two weeks after surgery. Please ask me when you may start wearing them again.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for two weeks BEFORE AND AFTER your surgery as this will increase your risk of bruising and poor healing. This includes ibuprofen which I do not use after procedures in my practice.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so, and are not distracted.

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- 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, to include vaping, dramatically increases your risk of infection, poor healing and bad scarring. **PLEASE REFRAIN FROM ANY NICOTINE PRODUCTS AT ALL FOR AT LEAST 6 WEEKS BEFORE AND AFTER YOUR SURGERY OR UNTIL YOU ARE COMPLETELY HEALED.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERN. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.

PATIENT SIGNATURE

DATE