

DISCHARGE INSTRUCTIONS AFTER BLEPHAROPLASTY

- After discharge, for the first 48 to 72 hours, please keep the “cold soothing gel mask” on your eyes for most of the day. You can re chill the eye mask in your freezer throughout the day. You are able to remove the mask 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 this can cause swelling or bleeding.
- 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 on the incisions and INhance cream around the incisions 4x daily for 5 days.
- 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, IBUPROFEN**, or any of the medications listed on your pre-op sheet for 2 weeks as this will increase your risk of bruising and poor healing.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so and are not distracted.
- Call my office immediately if you develop severe eye pain on one side only and associated with severe eye swelling (this is exceedingly rare).

- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**
- **WE REQUEST THAT YOU PICK UP YOUR MEDICATIONS IN ADVANCE OF YOUR SURGERY DATE; ADDITIONALLY, IT IS IMPORTANT THAT YOU REVIEW THE MEDICATIONS AND DISCHARGE INSTRUCTIONS WITH YOUR CAREGIVER.**

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

PATIENT'S SIGNATURE

DATE

CAREGIVER'S SIGNATURE

DATE