



LOWER BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

Lower Blepharoplasty surgery is typically performed under local anesthesia with or without mild sedation. **If you are having IV sedation, you cannot drive for the first 24 hours after surgery and you will need someone stay with you for the first 24 hours.**

If you are having IV sedation, you CANNOT have anything to eat or drink after midnight prior to surgery. The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

For the first 48 hours after surgery, sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 to 3 pillows. **Do not bend over** (i.e., reading).

Use ice compresses regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort use Acetaminophen 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication may be prescribed to you by Dr. Jaggi, only if he deems necessary.

You may wash your face; carefully avoid dressings, and pat dry. Take tub baths until your dressings are removed, and then gently wash all areas thereafter. Make-up may be used after day 5.

Contact lenses may be worn **2-3 weeks** after your procedure.

Do not lift (greater than 10 pounds), bend, exercise, swim or fly for **2 weeks** following your procedure.

Do not squeeze or pluck eyebrows for **2 weeks**.

Absolutely avoid direct sun or tanning for 6 weeks after surgery. Heat may cause the eyes or face to swell.

Wear clothing that fastens in the front or back for **1 week**. Avoid slipover sweaters, T-shirts, and turtlenecks.

CONTINUED ON REVERSE



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It is normal for some eye and facial swelling as well as some discoloration to be present for the first **1-3 weeks**.

If you have an incision, an ointment will be given to you upon discharge. This should be applied twice daily for a minimum of 5 days

A follow-up appointment will be booked to have sutures removed.

Contact your physician immediately if you develop any of the following:

- Excessive swelling, bleeding, or severe pain, uncontrolled by pain medication.
- Visual changes or decrease in vision.
- Excessive swelling of bottom eyelid.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital or received medical care within 10 days of having your procedure.

You will be given an emergency contact number upon discharge