

Blepharoplasty Post Procedure Instructions

Activities:

- Apply small amount of antibiotic ointment that was prescribed to the upper lid incision twice a day
- If you were prescribed eye drops – apply 1 drop to each eye twice a day
- Avoid any bending or strenuous activities
- Keep head elevated on two (2) pillows for the next week.
- Ice around your eyes and cheeks – 20 minutes on and 20 minutes off for the first 72 hours
- Ok to shower in 24 hours

Diet

- You may eat normal diet
- Drink plenty of clear fluids during your recovery.

Medication

- Take Tylenol for pain relief every four to six hours as needed. You may fill your prescription pain medication if needed.
- Avoid taking NSAIDS (Motrin, Advil, Aleve, etc.) as this may lead to bleeding and bruising.
- Take prescribed pain medication as needed
- Take the prescribed antibiotic.

Other Information

- You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain (especially on one side), eye pain or vision changes, sudden excessive swelling, high fevers (>101.5) call the office immediately. The office number is 410-825-5503.

If you have any questions, feel free to call the office, day or night (there is an on-call physician outside of our office hours) if you have any questions.

You may also contact Dr. Hahn via email: samhahn@mdfacialplasticsurgery.com

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