



POST-SURGICAL INSTRUCTIONS BLEPHAROPLASTY

If you have excessive drainage, swelling, bleeding or pain, call our office at 703-962-2520. After office hours, you may reach Dr. Chopra on his cell phone at 571-236-1977.

1. **Do not smoke or be exposed to second hand smoke for two weeks before and after surgery.** Smoking reduces capillary flow in your skin causing necrosis, or death, of tissues and permanent possible scarring.
2. Do not drink alcohol one week before and after surgery because it dilates the blood vessels and could increase postoperative bleeding. Do not drink alcohol until you have stopped taking the prescription pain pills as the combination can be dangerous.
3. DO NOT TAKE ASPIRIN, IBUPROFEN (MOTRIN, ALEVE), FISH OIL, VITAMIN E, GINGKO BILOBA or ST. JOHN'S WART for at least two weeks before and after the operation.
4. No flying or prolonged travel (over 1 hour of travel time regardless of method of transportation) for at least two to four weeks before and after the procedure.
5. You need to eat a high protein diet, 80-100g a day for your body to heal well and quickly. Protein shakes may be necessary to fulfill this requirement.
6. **Medications:**
 - Pain:
 - For discomfort, take pain medication as directed.
 - If you are no longer taking the narcotic, two Tylenol (Acetaminophen) 500mg tablets every 3-4 tablets help most discomfort. Take no more than 8 tablets per day.
 - Narcotic pain medication is constipating; therefore, take Colace or fiber supplements such as Metamucil regularly. If you are prone to constipation you may want to increase your regular dose to prevent constipation from occurring.
 - ***Note:** narcotic pain medication can only be given as a written prescription. It is therefore important to be mindful of the possible need to have someone available to pick up refills from the office.*
 - Call the office at (703) 962-2520 if you have severe pain that is not responding to pain medication.
 - Nausea:
 - Take pain meds with food to prevent nausea. A couple of crackers aren't enough.
 - Take medication 30 minutes prior to the narcotic to prevent nausea from occurring every 4-6 hours.
 - Antibiotic:
 - Take antibiotics until prescription is finished to avoid infections.

7. **Daily activities:**

- One week off of work is required but 2 weeks off is preferred. Working from home: Do not do meaningful work or make important decisions when on narcotic medication.
- For your safety we require that an adult stay with you at least the first 24 hours and drive you to your next day follow up visit. Transportation via taxi is not permitted.
- Mobilize throughout the day; no permanent bed rest. We advise to walk around 3-5 times per day in addition to mobilizing for meals and to the bathroom.
- First 4 days: Place cold, wet compresses on the eyes to minimize swelling.
 - Place a couple of ice cubes in a bowl of cool water and keep the bowl next you.
 - Dip a couple of gauze in the water then squeeze most of the water out so it does not drip down your face when placed on the eyelids.
 - Leave the compress on the eyes until they are warm.
 - Do this a couple of times per hour when awake.
- You may shower and wash your face, avoiding the eye and forehead region, 48 hours after the procedure. Use lukewarm water and soap, and gently pat the incisions sites dry. No baths or prolonged showers of over 5-10 minutes.
- Rest with your head elevated above your heart for at least the first 7 days after surgery to help reduce the swelling. No bending or leaning forward as this will cause increased swelling and bleeding tendencies. Also avoid standing over hot stoves and surfaces, as this will also increase swelling.
- Contact lenses may be worn after 4 weeks, considering the incisions healed properly.
- Cosmetics can be applied after 14 days and should be removed gently in an upward direction.
- Regular exercise and lifting objects heavier than 10lbs is restricted for 4-6 weeks.
- You may drive when your vision is clear and driving does not cause discomfort. You also must be completely off all narcotic pain medication.

8. **What to expect:**

- The night after surgery the eyes may become shut due to the lashes being stuck together. You can try to pull them gently apart after cold compress placement.
- During the healing process, you will experience different sensations including discomfort, stinging, itching and localized burning.
- Sometimes after surgery a tiny amount of blood may trickle from the eye incision. If you wish, you may use a clean tissue to very gently dab the blood away. If it should happen that there is a prolonged bleed, or if a large purple cushion suddenly appears under the skin, take a tissue and hold it for approximately 10 minutes against the area that is bleeding. Apply firm and even pressure. Please call the office to inform us of the bleed.
- Much of the swelling usually subsides by 7-10 days.
- Bruises and discoloration may take 3 weeks to resolve. Light make-up may be used to cover bruises after a week.
- If you have the following symptoms, please notify the office or your physician immediately: bulging eye, pressure-like sensation, increasing pain unresolved by medication, and vision loss
- Scars take on average 12-18 months to fully mature. During this period, staff will advise an appropriate time to start scar management.
- Everyone heals at a different pace. Be patient with your body during the recovery process

9. **Garments and dressings:**

- Do not remove any bandages or dressings unless told explicitly to do so. On average, we will change most of the dressings the first post-operative day.
- Dressings must be worn continuously until the next follow up appointment. This appointment takes place usually 24 hours after the procedure.

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Please understand the physician may adjust the above instructions based on your progress and needs