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For emergencies only: Pager XXX-XXX-XXXX

POST OPERATIVE BLEPHAROPLASTY (EYELID) SURGERY

PLEASE READ CAREFULLY BEFORE AND AFTER SURGERY

1. The day of surgery, do not wear any jewelry, do not wear any make-up or moisturizers. You will be sleepy and must have someone drive you home and stay with you for 24 hours after surgery. Most patients prefer to stay in bed most of that day and night.
2. Keep the head elevated about 30 degrees to help minimize the swelling. Progressive activity is encouraged as tolerated. Remember, it is quite common to feel fatigued following surgery.
3. There will be slight oozing of blood during the first 24 hour period. Usually, resting quietly will help it subside.
YOU WILL NEED TO LUBRICATE YOUR EYES FOLLOWING SURGERY. Celluvisc is an over the counter lubricant that Dr. Milan recommends using after your surgery.
4. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
5. Take the prescribed medication as directed. You may take your own medications normally including birth control pills, antihistamines or any other medications; however remember, **do not take any aspirin or aspirin containing products for three days following surgery.**
6. **You may have steri-strips (little white tapes) on your upper eyelids over the incisions. Do not remove these until told to do so by Dr. Milan or until we remove them for you in the office.**
7. In general, you may eat anything you wish after surgery. Most patients prefer to eat lightly during the first 24 hours after surgery, especially if they are feeling somewhat lightheaded or nauseated. It is important to drink plenty of fluids the first 24 hours following surgery.
8. We strongly recommend the use of ice packs during the first **24 hours after surgery on a continual basis and then most of the time for 3 days thereafter.** This will really help control the swelling and bruising. If you have any crusting on the lashes, soak the lids with a "warm" wash cloth several times a day for about ½ hour.
Swelling and bruising is normal and must be expected after surgery. Resolution takes time and may not be complete for several weeks to a few months depending on the exact type of surgery and the individual patient.
9. 24 hours after surgery you may drive (but not before), you may go outside for walks and begin to resume more normal activities. Avoid excessive sun exposure at all times to avoid risk of darkening of incision lines. If you wish to sunbathe, cover your face and use a good sun block (protection factor 15 or more).
10. If you wear contact lenses, you may start wearing them within a day or two after surgery as soon as the swelling begins to subside. You may use makeup after surgery to help cover discoloration. Please do not apply it to the incision lines until 24 hours after the sutures have been removed.