

## **POST OPERATIVE APPOINTMENT IS SCHEDULED FOR**

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**at Dr. Love's office.**

If you do not have a post operative appointment please call Sunny at 501-224-1859.

### **POST OPERATIVE INSTRUCTION BLEPHAROPLASTY (EYELIDS)**

1. After surgery it is best to keep your head elevated on at least two pillows. You may apply ice to the eyes for the first 48 hours. After two days post surgery do not apply ice. If you continue to have itching or slight swelling you may apply warm packs to your eyes after the first 48 hours. If you have excessive swelling please call the office.
2. During the day if your eyes are dry use Natural Tears eye drops. At night use the Refresher PM ointment to help with dryness. This is important seeing how your eyes may not shut completely for a few weeks post surgery. These products are over the counter at any pharmacy.
3. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet when tolerating the above foods.
4. You can expect some bleeding from the stitch line and swelling of the eyelids. If you have significantly more swelling on one eye or severe pain you should call the office.
5. You may gently wash your face and eyes with mild soap and water the day after surgery.
6. You may apply Vaseline or Aquafor to the stitch line to keep scabs from forming and to help with itching.
7. If you have white strips (Steri-Strips) on the lateral portion of your eyes and in between your eyes DO NOT remove them. These will be removed one week after surgery with the stitches.
8. Instructions for massage and scar creams will be discussed at your post surgery appointment.
9. Take your medications as directed in your pre-operative packet.

If any questions or concerns arise PLEASE call Dr. Love's office at 501-224-1859.