

Patient Instructions Following Blepharoplasty Surgery

The following Instructions apply to patients who have undergone a blepharoplasty. Since no two patients are ever exactly alike in their surgical needs, it is important to remember that the details of the surgery performed, as well as the rate of healing, may vary from one patient to the next. Customarily, we may choose to individualize the following guidelines according to each patient's needs. In such instances, we will instruct you to do so. Otherwise, we urge you to follow the advice below very carefully in order to accelerate your healing and maximize your surgical outcome.

1. Since you have just undergone a surgical procedure, use good common sense in the first 14 days after surgery in restricting your normal activities, exercise regimens, and any activity requiring heavy lifting or straining.
2. When sleeping, you may lie on your side or on your back. For the first week following surgery, slightly elevate your head with two pillows,
3. Following blepharoplasty surgery, it is normal to experience only mild discomfort and some burning sensation. Should you experience any INTENSE and persistent pain around or in the region of the eye, contact your surgeon IMMEDIATELY.
4. Please apply cold compresses (in the form of cold humid compresses, chips of ice in a bag, or a frozen esthetic eye mask) immediately upon arriving at home, for 15 to 20 minutes. Repeat this application 4 times per day for the first 48 hours. After 48 hours, no more applications are necessary.
5. You may be up and walking after your surgery, but some fatigue may persist for 3 to 7 days because of the normal effects of anaesthesia and the surgical procedure. In addition, you must avoid bending over and / or lifting any heavy objects for at least 2 weeks. Jogging and non-contact exercise can be resumed at 3 to 4 weeks, while strenuous sports will require at least 4 weeks of healing before being safely resumed.
6. You may return to taking your usual medication the day following surgery, unless otherwise instructed. Remember that aspirin containing medication and non-steroidal anti-inflammatory medications, such as ibuprofen, as well as any other blood thinning medication should be avoided for two weeks following surgery. Alcohol, vitamin-E, and cigarette use should be avoided for two weeks after surgery. Vitamin E cream should not be applied to the site of the operation until 6 weeks after surgery.
7. You may use your eyes for reading and watching the television as much as you want.
8. Do not use contact lenses for at least 2 weeks after the surgery. You may use prescription glasses as required.

9. Please avoid all makeup around the eyes for the first 2 weeks after surgery. However, a small amount of foundation can be used at any time to cover any bruising on the cheeks.
10. Mild to moderate bruising around the eyes is normal; as is a reddish discoloration of the white portion (sclera) of the eyes. These temporary discolorations will fade as the tissues heal over time. Some itching and stiffness of the tissues around the eyes is also normal after surgery.
11. The stitches used in blepharoplasty surgery are usually removed in the first week after the operation.
12. Exposure to the sun (including sun-tanning parlors) in the first 3 weeks after surgery may result in prolonged swelling and injury to the scar as well as to your skin. Thereafter, you should always protect your skin with a strong sunscreen containing PABA (p-aminobenzoic acid) in order to decrease the inevitable damage and ageing effects of the sun on your skin.
13. Finally, it is **very important** for your well-being that you completely follow all the instructions given to you by your doctor, and that we check your progress regularly after surgery. If you have any urgent problems, please contact your doctor immediately.

We greatly appreciate the confidence you have shown us by allowing us to assist you in improving your appearance and health. In addition, you can be assured of our very best efforts in achieving the most satisfactory surgical result possible for your particular anatomy and condition.

- Daniel L Durand MD



Secrets Medspa Inc.