

BLEPHAROPLASTY POSTOPERATIVE INSTRUCTIONS

- **Apply cold compresses intermittently for 12-24 hours following surgery.**
Cold compresses are made with small (snack or sandwich size) plastic bags filled with crushed ice or frozen peas/corn. Cold compresses are most important the first 12 hours, but may be continued up to 24 hours. Use cold compresses by placing them over the area of surgery for 20 (twenty) minutes and then off for 20 (twenty) minutes. The compresses may be discontinued while the patient sleeps. The second day cold compresses should be used at least 4 times during the day for 20 minutes each time.
- Apply Bacitracin Ophthalmic Ointment to the suture areas 4 (four) times a day until the sutures are removed.
- Take medications as prescribed.
- For the **first week** sleep with your head elevated 30 degrees or more (two or three pillows).
- Do not spend much time on computer, reading or fine focused vision activities.
- Avoid bending over or lifting heavy objects for 7-10 days.
- Restrict salt in your diet for 7 (seven) days.
- Questions regarding medications contact our office or speak with the doctor at your post-operative appointments.
- You may shower and gently wash your face beginning the day after surgery. Pat your face gently to dry. If provided, follow skin care protocol.
- Wear a broad-spectrum sunscreen (UVA & UVB) protection factor of at least 25 SPF. Avoid direct sun on the face for at least 1 month after surgery. (Really you should use sunscreen protection for the rest of your life.)
- You may use makeup 10 (ten) days after surgery.
- Be patient during your healing process. It takes time to heal and recover. Please call our office if you have any concerns.

If you have any questions, please contact my office.

Main phone: 503-581-1567

Director of Facial Cosmetic: 503-566-4902

When the office is closed: 503-581-1567