

## After your Blepharoplasty

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### Instructions and Information from Dr. Dauwe

You will wake feeling drowsy after surgery- we have given you medications to help make you more comfortable. Expect to wake and doze on and off during the evening, so make yourself comfortable when you get home. The drowsiness will disappear in the evening or overnight. The day following your surgery you will feel a bit tired, but go ahead and begin to try and resume your normal activities like “walking, sitting, etc.,” the day after surgery.

You may feel a bit “stiff” when you first awake in the morning following surgery, but go ahead and move without fear of disrupting anything. All of your incisions have been carefully reinforced so that anything short of strenuous activity will not affect them.

It’s not unusual to have some nausea following surgery, particularly if you begin to get up and move too quickly. All nausea will be gone 6-8 hours following surgery. Although we’ve given you nausea medications, these medications are only about 80% effective, and you may still experience a bit of nausea. If so, simply relax, and don’t try to eat any heavy foods- just try clear liquids and work your way up to solids foods.

You have been given a prescription for pain medication. Please take a pill before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It’s a good idea to take another pill the morning following surgery, since you may feel a bit stiff and uncomfortable when you begin to move. If the pill disagrees with you in any way, simply try Extra-Strength Tylenol. If for any reason you are experiencing significant pain, please notify the office.

Infection following any type of plastic surgery is extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It’s normal to experience a low-grade fever up to 101° following surgery. If your temperature elevates above 102° F, please notify our office immediately.

If you were given an additional type of medication, a low dose steroid, please be sure to take this medication exactly as directed on the label.

Because we have operated on your eyelids you will notice that your eyelids and eyelashes will be “stuck together” somewhat from drainage that has occurred during the night. Take a Q-tip dipping them in warm water, and clean all the drainage from around your stitches. If any of the blue or black stitches are protruding up toward the eye, you can simply wipe them downward so that the tails of the stitches are away from the eye. It is not necessary to place any kind of ointment or other medication on the suture line- just clean with warm water to remove any drainage. The cleaning will only be necessary the first couple of days after surgery.

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Remember that swelling and bruising can occur after surgery. The amount of swelling will always be different on the two sides, or in any given area. For the first 2-3 weeks following surgery, do not worry about the differences you see in swelling and bruising from side to side. These differences are normal. If any areas of extreme bruising or swelling occur, contact our office so that we may examine you.

It is not absolutely necessary to keep the iced gauze compresses on your eyes after you leave the surgery center. However, feel free to continue using the ice compress at home for 8 to 10 hours if they make you feel comfortable. The degree of swelling and bruising will not be affected by using ice longer than 8 to 10 hours daily following surgery.

Due to swelling in the eyelid areas, your eyes may not quite close completely for the first 24 to 48 hours following surgery. Swelling in the lower lid can cause the edge of the lid to roll outward slightly away from the eyeball. Swelling will also cause the tissues to feel “stiff” or “firm.” All of these changes resolve in the first few days to weeks after surgery.

If your eye develops any type of increasing irritation or discomfort, notify the office and we will prescribe appropriate eye medication. These irritations rarely occur; therefore our office does not routinely prescribe medications for the eye.

You should expect to have little discomfort following your surgery. A feeling of mild irritation, itching along the suture lines, and a feeling of tightness when you close your eyes are usually the only inconveniences.

The tiny stitches placed on your eyelid will be removed 4-6 days following surgery. You can expect to feel some itching along the suture line 2 to 3 days after surgery. Gently rubbing the incision line will not harm your incisions.

If you wear contact lenses, you may try to insert them the morning following surgery. Gentle tension on the eyelids will not harm your incisions as they have been carefully reinforced with sutures. If you experience irritation from your lenses, remove them and try again 12-24 hours later.

It's not unusual to see swelling of the surface of the eyeball after surgery. This is called “chemosis” and will disappear in a matter of days if it occurs.

You may shower as normal immediately following surgery. A small amount of water on the incision causes no harm. Do not soak the incisions in water or apply any other material to them.

Bruising and swelling following surgery is completely normal. Over a period of 7-10 days you will see the bruising resolve significantly. Most bruising can be covered up with makeup, but please wait until your stitches have been removed. *If you develop an increase in discomfort, increased swelling or darkening or new bruising following surgery, please notify the office immediately. These symptoms can be caused by excessive bleeding behind the suture lines within the eye socket, and significant changes in the appearance of the eyelid compared to the other eye will be easily recognizable.*

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Avoid any exercise that elevates your heart rate above 100 for three weeks following surgery. Mild exercise can be resumed after 3 weeks and strenuous exercise at 6 weeks.

Your eyes will appear larger and distinctly different to you than before surgery. Expect a significant difference, especially as swelling subsides. Be patient with yourself- it will take you a while to completely adapt to your new look.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580