



Lindsey Pennington, MD
FACIAL PLASTICS

Postoperative Instructions: Blepharoplasty/Eyelid Surgery

Uncomplicated and early healing depends greatly on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.

Introduction

The following is a list of general instructions for your care following surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

Following your surgery, you must have another adult stay with you the first night. You should plan on remaining within thirty miles from the location of your surgery for this first night. It is also important for you **to keep your head elevated the evening after surgery as well as for the first two weeks following surgery. This can be done by sleeping in a recliner tilted at 45 degrees.** This is the preferred method for recovery and tends to be the most comfortable. If there is absolutely no way to have a recliner available to you after surgery, please let Dr. Pennington and her staff know so other accommodations can be arranged. **Avoid rolling onto your face. Sleeping with an airplane pillow around your neck will help with this.**

Daily Care

- ❖ **Apply ice packs to eyes over the first 72 hrs. 20 mins on and 20 mins off consistently the entire first night.**
- ❖ It is important not to fall asleep with ice packs on your eyes. After the first night we will reassess how often you need to be icing.
- ❖ After the first 24 hours gently go over suture lines twice daily with Anasept on a Q-tip. After this again with a Q-tip apply a liberal amount of prescribed ointment over incision line.
- ❖ **You may bathe only after being cleared by Dr. Pennington,** usually for about 3-4 days, and a shower usually around 5-7 days post-op.
- ❖ You will have sutures in place, do not remove them or tug on them, they will be secured to you with a Steri-Strip. Do not peel these as it could pull sutures out. Sutures will be removed 5-7 days after surgery.
- ❖ We recommend taking probiotics during the post op recovery period while you are taking all your post op medications.

What to expect

Discomfort - is to be expected, the medications provided will help reduce the discomfort, but a baseline level is to be expected post operatively. Do not take medications any other way than prescribed. Do NOT take NSAIDS (Ibuprofen, Aleve, aspirin etc.) until cleared by MD. Stool softeners and hydration VERY important post op to help avoid constipation that can develop with pain and anti-nausea medications.

Swelling - is normal, if excessive swelling develops, is asymmetric (one side much more than the other) or is extremely painful, please contact Dr. Pennington. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two weeks, avoiding high salt diet, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months. Ice consistently for the first 72 hours.

Discoloration - Bruising will vary like swelling from person to person. Discoloration and bruising, this is temporary. Most bruising and discoloration should resolve over the first two weeks. Make up, with Dr. Pennington's permission, can be applied ten days to two weeks after surgery.

Numbness- Your face may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

Bleeding- If bleeding does occur, lie down with your head elevated. Try to relax. You may take a pain pill. Place cool compresses over your eyes. If the bleeding is significant, please contact Dr. Pennington immediately.

Depression - It is not uncommon for patients to go through a period of mild depression after cosmetic surgery. This typically occurs the second-third week after surgery while some of the swelling and bruising persist and yet the patient is anxious to see results. Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind. Keeping up daily routines and schedules can help decrease this.

Eyeglasses/Contacts - Eyeglasses can be worn carefully after surgery. Absolutely NO contact lenses until cleared by Dr. Pennington.

RESTRICTIONS:

1. **No** exercise for at least two weeks.
2. **No** heavy lifting (greater than 8 lbs.) for three weeks.
3. **No** pullover clothing for two weeks.
4. Avoid chewing hard foods for two weeks.
5. Avoid yawning or wide mouth opening for two weeks.
6. If sneezing, sneeze with your mouth open for two weeks.
7. **No** driving for one, preferably two weeks after surgery. Must have normal vision, be off pain medications and have sutures removed before driving.
8. **No** contact sports for six weeks.
9. **No** smoking, no nicotine products for a MINIMUM of 4 weeks post op
10. **No** alcohol for 2 weeks post op (unless done with a facelift – 4 weeks)
11. May apply icepacks to eyes ONLY.
12. **Do not** shower or wash hair or face until cleared by Dr. Pennington (usually cleared by days 5-7)
13. Avoid hitting or bumping the face for 1 week (Do not pick up small children) and should sleep alone for the 1st week.
14. **Do not** pluck eyebrows or wax for 6 weeks.
15. **No Microblading or cosmetic tattoos for 8 weeks**
16. **No makeup until cleared by Dr. Pennington**
17. **No hair styling heat or cool air until cleared by Dr. Pennington**
18. Try to avoid dairy products for the first 24-48 hours as they can cause nausea post operatively. Progress to soft foods such as yogurt, toast, soup (homemade with no salt), or pasta. Resume your regular diet as tolerated avoiding foods that require much chewing such as steak for example.

19. LOW SALT DIET – even the smallest amount of salt can increase healing time and cause excess swelling. (less than 2,000mg per day)

20. Eat high fat, high protein meals, **avoid things like JELL-O (no nutritional value)**

21. **NO protein shakes.**

22. **Do not** make major decisions, sign contracts, etc. for the first 24 hours after surgery.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- **Fever greater than 100.4**
- **Sudden swelling or discoloration**
- **Hemorrhage**
- **Drainage from wound edges or other signs of infection**
- **Development of any drug reaction**
- **Uncontrollable vomiting**
- **Uncontrolled or worsening pain**
- **Acute change in vision**

Please do not hesitate to contact our office 318-216-5366 or our afterhours number at 318-455-7261.