

NICOLE KLEIN MD

ENT \ FACIAL PLASTICS

Otolaryngology Associates
ENT & Face, Head & Neck Plastic Surgery
www.otolaryn.com
Nicole Klein, MD | www.nicolekleinmd.com

Post-Operative Instructions - Blepharoplasty

You may experience a moderate degree of discomfort following your procedure. It rarely lasts longer than 24 hours. Pain and discomfort can be minimized by application of cold compresses for the first 24 to 48 hours and by using the prescribed pain medication. You may use Tylenol Extra-Strength or regular strength Tylenol for milder pain.

- Eyes may become puffy and discolored. This is normal and will subside in 1 to 2 weeks. Application of cold compresses will substantially reduce the amount of swelling that occurs.
- Keep your head elevated on 2 to 3 pillows or rest in a recliner chair for the first 48 hours.
- Apply the prescribed eye ointment to external incisions up to 3 times a day until sutures are removed. This will promote healing and avert the possibility of infection. Apply eye ointment in the eyes at night for the first several nights to prevent excessive dryness.
- Before you go to sleep put a small amount of lubricant eye ointment such as Refresh PM eye lubricant in each eye. Do not pull the eyelids when applying. Use artificial tears such as Refresh eyedrops (over-the-counter) in your eyes in each eye every 1-2 hours while awake.
- Remember ICE, ELEVATE AND LUBRICATE!
- External sutures will be removed 4 to 5 days post-operatively. Absorbable sutures require no care on your part. Do not wear contact lenses until your return office visit. Restrict physical activities until cleared by the doctor. Avoid strenuous activity and avoid bending over.
- A soft, bland diet, such as soups, crackers, toast, and grilled cheese sandwiches, is highly recommended for the first 24 hours.
- **DO NOT TAKE PAIN MEDICATIONS ON AN EMPTY STOMACH.**
- **DO NOT USE ASPIRIN, ASPIRIN RELATED PRODUCTS, OR NSAIDs FOR 2 WEEKS FOLLOWING SURGERY.** This includes Advil, Motrin, Ibuprofen, Naproxen, Nuprin, and Alka-Seltzer.
- Cosmetics are not to be worn in the eye area until the sutures are removed.

A successful outcome requires your full participation. Post-operative visits are vital to monitor your progress.

If you have any questions or concerns, please give our office a call between 9 a.m. and 5 p.m. at 317-844-7059 Ext. 1417. Thank you.