



Plastic Surgery by Bram Kaufman, MD, FACS

Experience & Compassion

216-778-4450 Office
216-778-7800 After Hours

Post-Operative Instructions for Blepharoplasty

DIET:

Most people can resume a normal diet the evening of surgery. If you feel queasy or nauseated, start with clear liquids or soup. Advance your diet as tolerated to a regular diet. You may experience some constipation as a result of the pain medication. I recommend a trial of over the counter laxatives such as Milk of Magnesia. If this is not sufficient, then a dulcolax tab or suppository may be necessary.

ACTIVITY:

On the day of surgery and for 2 days after, please avoid exertion, straining, bending or lifting. I encourage you to be modestly active after the first few post-operative days. Walking short distances is perfect. Avoid exercise until we discuss it at your first post op visit.

Elevating your head by resting or sleeping in a recliner or on several pillows in bed will help decrease swelling and discomfort.

WOUND CARE:

Expect some drainage, swelling and bruising for a couple of days. Apply Bacitracin ophthalmic ointment three times per day to the stitches around the eyes and/or after every cleansing. Saline eye drops (Natural Tears - over the counter at the drugstore) should be use to keep the eyes moist at all times while awake and the Bacitracin ophthalmic should be used at night. For the first 48 hours I recommend you use cool, moist pads or ice packs to the eyes to minimize swelling. Avoid mascara and make-up until we discuss this at the first post op visit.

BATHING:

It is fine to bathe when you feel well.

PAIN CONTROL:

Take the narcotic pain medicine as needed. In two days you will probably be able to substitute tylenol every 6-8 hours as needed. (**Do not** take the Tylenol with the Percocet, both have acetaminophen). Please do not drive until you are no longer taking the narcotic and are free of significant pain.

EMERGENCIES:

If there is a problem, please call me, my office or the resident on call. Most issues are easily addressed and do not require significant intervention.

The most common emergencies that might need attention are:

- Sudden loss of vision or change in vision
- Sudden increase in pain, especially if on one side only
- Nausea that lasts 4 hours or more and does not respond to medication
- Bleeding
- High fever lasting more than a few hours and not responding to medication
- Shortness of breath or chest pain
- Leg swelling
- Loss of consciousness

If you feel the situation is urgent, call 911 and/or proceed directly to the closest emergency room. Please call us as well.

FOLLOW-UP:

Follow-up is typically in 5-7 days and should be scheduled by calling Dr. Kaufman's office at 216-778-4450 if it has not already been arranged.

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