Contour PLASTIC SURGERY & MED SPA REVIVE MALE

2001 Butterfield Rd, STE 100, Downers Grove, IL 60515 **630-426-6019**

Blepharoplasty Post-Operative Instructions

FIRST 24 HOURS

Keeping Eyes Moist: It is difficult to close your eyes all of the way for the first day or few days after an eyelid procedure. For this reason, we asked you to purchase an eye lubricant (Refresh Lacri-Lube or Sterile Lubricant Eye Ointment from your local drug store) for use while you sleep and artificial tears for use during the day to keep your eyes moist. Either lubricant is placed **INSIDE OF THE EYE** to keep it moist while you sleep. This will cause your vision to be blurry until you wash the lubricant out with the artificial tears upon waking. The artificial tears can be used as much as you would like to soothe your eyes. With lower eyelid procedures, dry eyes are fairly normal for several weeks after the procedure even after the eyelids close while sleeping.

Ice: You should apply ice to and around your eyes for at least 15 minutes of every hour that you are awake for the first 48-72 hours after the procedure. Ice is no longer effective in minimizing swelling after 72 hours, so we do not require that you continue to ice. However, if it feels soothing to continue to ice the area after 72 hours, we recommend that you continue.

PAIN: Eyelid procedures are typically not very painful. Many people can control their discomfort with Tylenol alone. Please let us know if the pain medication prescribed for you is not controlling your discomfort. **ANY** significant pain should be reported to us as soon as possible.

AFTER THE 24 HOUR APPOINTMENT

CLEANING

After 48 hours from your procedure, you may shower with a mild soap/shampoo. You should gently clean all incision lines with soap and water once daily.

SLEEPING

Sleep with your head elevated at least 30-45 degrees for the first 7 nights. Your head should be higher than your heart during this time. After 7 days have passed, you may try and sleep in bed as you normally would. IF you wake up more swollen after one night's sleep in a normal position, sleep with your head elevated for two consecutive nights before trying to sleep flat again

DIET

There are no diet restrictions, but we do recommend increasing the amount of protein in your diet as protein is important for wound healing. We also recommend drinking plenty of fluids while you are healing.

DRAINAGE

You will have some drainage from the incisions that could last up to 72 hours (and sometimes longer in some people). Do not be alarmed, as this is normal. You may need to apply light pressure to the incisions for several minutes while the drainage occurs. If the bleeding is excessive and will not stop, please contact your physician immediately.

MEDICATIONS

Please take all medications as directed on the bottle. **You should try and eat something small (and bland) 10-15 minutes prior to taking any antibiotics or pain medications; they may cause nausea and vomiting if taken on an empty stomach!**

STERI-STRIPS

After a lower eyelid procedure, the muscle of the eyelid that holds the eyelid up against the eye is very weak. For this reason, we apply a steri-strip to pull the lower eyelid up thereby taking much of the workload off of it during the healing process. This creates an obvious wrinkling, making crow's feet seem much worse. While only temporary and exaggerated, it can create concern in some patients. This steri-strip will be removed at the time of suture removal. About 50% of people will have more steri-strips applied after being evaluated at this time.

GENERAL INFORMATION

The second and third days after surgery are usually when the swelling is the worst. One side of the face may **swell** more than the other. This is very common. Please do not operate machinery or drive while on the prescription pain pills. Do not make any important decisions while under the influence of these medications. Keep exertion to a minimum. Do not attempt any strenuous exercise, bending, or lifting heavy objects more than 25 pounds until more than 3 weeks out from surgery.
Your Doctor recommends light walking 3 times a day following your procedure. **If your balance or coordination is affected by the medication have someone escort you on your walks.** Please stay off blood thinners such as, aspirin, Motrin, and vitamin E until your sutures are removed, unless approved by your Doctor. You may shower and wash your hair 48 hours after your procedure. **CONTACT LENSES** may be worn 1 week after your eye procedure.

WHEN TO CALL DR PARESI Call 630-426-6019

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room

FOLLOW UP IN 7-10 DAYS

ALL FOLLOW UP APPOINTMENTS ARE ON TUESDAYS