



Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery
Hand & Microvascular Surgery
Cosmetic Surgery*

BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

1. **Activity:** Rest and avoid physical activity for the first week and this will significantly reduce your bruising.
2. **Comfort Measures:** Place an extra pillow under your head at nights for the first week.
3. Your eyelids may feel stiff and your eyes may be slightly irritated for the first few weeks in which case artificial tears will help.
4. **Wound Care:** Apply ice to the area of surgery as much as possible for the first 48 hours. You can use an icepack, a wet facedcloth placed in the freezer, or a bag of frozen peas or corn.
5. **Washing:** You may gently wash the surgical area and use half strength Hydrogen Peroxide to remove any clot that is stuck. Apply antibiotic ointment to the stitches daily.
6. **Skin Care:** Once the skin has healed in approximately 7 days, makeup can be worn. Opaque makeup with sunscreen is ideal.
7. Regular use of sunscreens with a minimum SPF 30 for several weeks afterwards.
8. Do not use Vitamin E cream for the first six weeks or you may widen your scars.
9. Once the surgical area is comfortable, begin gentle massage of your eyelids toward the eye and this will improve the contour and reduce swelling.
10. **Call your surgeon** (see below) if you have: bleeding, increasing pain, pus in the surgery area, fever, pain in the eye itself, any change in your vision or increasing swelling.
11. **Restrictions:** You did _____ did not _____ receive medicine for sedation. If you did receive sedation, you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTIONS:

- Tylenol #3, Emtec _____ Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics _____.

OVER THE COUNTER MEDICATIONS (PRESERVATIVE FREE)

Lacrilube Ointment – Apply directly to eyes at bedtime for one week. Use when ready to sleep as this is greasy and blurs vision. Remove in the morning.

Artificial Tears - Apply 1-2 drops to eyes, 3 to 4 time daily for one week.

FOLLOW-UP APPT: Please call 604-688-8568 to make your follow up appointment or ask questions you may have.

DR. NEIL WELLS: office 604-688-8568