



**Plastic, Reconstructive & Aesthetic
Surgeon**

POST-OP INSTRUCTIONS

Blepharoplasty

Rest

- Go home and rest and elevate head on 3-4 pillows for 5 days (to reduce swelling.)
- Do not bend over but rather squat to reach down to reduce the risk of haematomas.
- Avoid hot food and fluids on the day of surgery.
- Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- Minor bleeding the first 24-48 hours post operatively is normal.
- Apply ice packs for 15-20 minutes continually, in sitting position, if minor bleeding occurs.

Visual Loss

- Contact me urgently if you have any loss of vision.

Wound Care

- Bruising and swelling normal for 10-14 days.
- Apply ice packs to the eyes to keep swelling to a minimum.
- Keep flesh coloured tapes (micropore or steristrips) over eyelids dry and intact until appointment for suture removal.
- Clean around eyelids with cotton bud and diluted solution of salt water.
- Avoid sunlight for 1st week by wearing dark glasses. Avoid make-up for 1st week.
- Visine drops are recommended for first few days to reduce irritation and soothe eyes.

- Eye ointment (Chloromycetin) can be used at night until eyelids close properly.
- Avoid catching the stitch which runs from one eye to the other across nasal bridge.

Pain Relief

- The Anaesthetist will provide a script for pain relief – sufficient for a week. If you run out, Panadeine should be adequate.
- Do not take Aspirin or NSAIDS (unless prescribed) as it prolongs bleeding.
- Contact Dr Belt if pain relief is inadequate.

Infection

Wound infection is an infrequent occurrence. Contact Dr Belt if your experience:

- Increased pain, temperature and flu-like symptoms.
- Widespread redness.
- Offensive discharge coming from your wound.

Exercise

- Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- Try gentle exercise i.e. walking or isometric (tensing muscle groups for 6 seconds at a time).
- Do not drive a motor vehicle for 5-7 days post-operatively.
- Avoid sexual activity for 2 weeks post operatively.

Emergency

At any time during office hours my Registered Nurse – Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic is located at:
Level 1, 38 Misterton Street
Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.