

## Blepharoplasty Post Op Instructions

### Rest

- ✓ Go home and rest and elevate your head on 3-4 pillows for 5 days (to reduce swelling.)
- ✓ Squat (rather than bending over) when reaching down as this will 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.
- ✓ Leave the steristrips on the corner of the eyes, then apply a thin layer of Chloromycetin ointment until you attend your appointment for suture removal.
- ✓ Clean around eyelids with cotton bud and diluted solution of salt water.
- ✓ Avoid sunlight for 1<sup>st</sup> week by wearing dark glasses. Avoid make-up for 1<sup>st</sup> week.
- ✓ Eye ointment (Chloromycetin) can also be used at night in the eyes until eyelids close properly.

### Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

### Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
  - Increased pain, temperature and flu-like symptoms
  - Widespread redness
  - Offensive discharge coming from the wound.

### Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- ✓ Try gentle exercise i.e. light walking.
- ✓ Do not drive a motor vehicle for 7 days 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, 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.