

# Discharge Orders and Instructions

## Blepharoplasty (Eyelid) Surgery

This is a guide to your post-hospital care. You may have received additional information from your physician. Some items may not apply based on your doctor's instructions. If you need immediate attention and cannot reach your physician, come to Beaumont Emergency Department or any hospital near your home.

### Physical Activity

- Restrict your activities and rest today with hourly ambulation.
- Sleep with head elevated.
- Tomorrow: Limit physical activity, especially straining and twisting the neck. Avoid stairs. Limit walking. No driving, bending over or lifting.

### Diet

- Resume usual diet. Increase fluid intake.

### Medications

- See medication discharge instructions.
- Take all antibiotics as prescribed.
- When taking pain medication, you may experience dizziness or drowsiness. Take pain medication only as directed and as needed. Do not drink alcohol or drive when you are taking these medications.
- You may take non-prescription "headache" remedy type medication that you normally use, one that does NOT contain aspirin or Motrin.

### General Instructions

- There will be a slight oozing of blood from the incision lines during the first 24 hours. If there are tapes on the eyelid incisions, leave these in place until told to remove them.
- If prescribed, apply topical antibiotic ointment to incision lines morning and evening each day, and into eyes at bedtime.
- You may bathe your eyes with mild soap and water. If the lashes become stuck together, gently loosen them apart. For the first week or so, there may be some crusting, tearing and "matter" in the eye. Gently soak these loose with warm compresses and then wipe the matter away.
- Your surgeon will direct you when it is ok to apply make-up near your incision.
- Avoid sun exposure and/or sunburn for the first few weeks.
- You may begin wearing your contact lenses 5 days after surgery, or when the swelling abates enough to allow their use.
- Apply ice on/off for 20 minutes while awake for 1-3 days.

**Things to remember:** Because your reflexes may be diminished after receiving anesthetic drugs, for the next 24 hours:

- You may not operate a vehicle.
- You may not engage in an occupation involving machinery.
- You may not drink alcoholic beverages.
- Avoid making any critical decisions.

**Call your surgeon should the following occur:**

- Fever over 101°F by mouth.
- Swelling around operative area.
- Blood soaked dressing (small amounts of pink may be normal).
- Pain not relieved by medication ordered.
- Increasing redness, warmth around operative area.
- Increasing and progressive drainage from surgical area.

