

## BLEPHAROPLASTY

### Post Op Instructions

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

- DO**: Clean suture lines with hydrogen peroxide and a Q-tip 4-6 times daily.
- DO**: Apply ***Tears Renewed, Lacri-lube, or Refresh-PM*** ointment to eyelid incisions following cleaning 4-6 times daily.
- DO**: Apply ***Tears Renewed, Lacri-lube, or Refresh-PM*** in your eyes if they feel dry or irritated.
- DO**: Apply ***Tobradex*** eyedrops to each eye 4 times a day for 1 week.
- DO**: Report any eye pain or change in your vision to the clinic immediately.
- DO**: Wear glasses, if necessary, being sure they do not push on incision lines.
- DO**: Continue cold compresses over the eyelids for 2 days.
- DO**: Sleep with head elevated 30 to 40 degrees. (Use pillows, a wedge cushion or a recliner.) Sleep on your back, not on your side or stomach.
- DO**: Wash hair following surgery, if desired.
- DO**: Use ***Refresh*** eyedrops after one week if eyes feel dry or scratchy.
- DO**: Apply water based makeup and mascara after 10 days, if desired.

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- DO NOT**: Apply any makeup (mascara, eyeliner or eye shadow) for the first 10 days following surgery.
- DO NOT**: Do any exercising, bending over, or heavy lifting for the first 10 days.
- DO NOT**: Wear contact lenses for 10 days.
- DO NOT**: Pluck eyebrows for 2 weeks.

#### **REMEMBER:**

1. Most bruising resolves within 10-14 days. Swelling may take a number of weeks to completely resolve, but is markedly improved by 7-10 days.

**CALL IF YOU HAVE ANY QUESTIONS**

**312-988-9300**

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