



COSMETIC SURGERY
OF LAS VEGAS

DR SAMIR PANCHOLI

Blepharoplasty - Post Surgery Care

Shopping: Obtain these items before surgery.

- Prescriptions
- Supplies:
 - Ice pack or Frozen peas and Ziploc bags.
 - Q-Tips
 - Hydrogen Peroxide
 - Antibiotic Ointment
 - Systane Lubricant eye drops by Alcon or similar
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)
Week 1 and 2: Soft diet.
Week 3 and forward: Slowly progress to a normal diet.

Dressings/Bandages:

- Starting the day after surgery
 - If, from swelling, your eyes do not close completely, you **MUST** lubricate them throughout the day.
 - Apply lubricant drops as needed to prevent dryness or scratchy sensations.
 - When sleeping, use lubricant eye gel or ointment as opposed to drops
- You may shower daily starting 24 hours after surgery.

Sutures:

- Your sutures are dissolvable

Wound Care:

- Starting the first day *after* surgery, clean your incisions as follows:
 - Gently dab the incision line using a Q-tip moistened with diluted hydrogen peroxide (mixed with 50% water).
 - Then apply a thin layer of antibiotic ointment to the incision line.
 - Blood, tearing, and drainage are normal particularly the first few days or with increased activity.
 - If your eyes feel dry, use lubricating eye drops as needed through out the day.

Activity:

- Up to 3 weeks:
 - Do nothing that raises your heart rate or blood pressure including but not limited to:
 - Lifting
 - Exercise
- Up to 2 weeks:
 - Avoid heavy exercise or lifting
- Up to 1 week:

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Patient:

Date: 8/17/2010

- Avoid driving while still taking prescription pain medication
- Sleep on your back and avoid lying directly on the side of your face.
- Sleep with your head elevated 30 to 45 degrees with several pillows to help decrease swelling.
- Blink often and avoid eye straining activities for prolonged periods as this may further dry your eyes.
 - Movies
 - Computer use
 - TV
 - Reading
- Up to 24 – 48 hours:
 - Apply ice pack / cold pack / Frozen peas in Ziploc bags to your face (do not apply directly to skin)
 - Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
 - Avoid drinking alcoholic beverages to minimize bleeding.
 - Do not lift anything over 10 pounds.

Special Instructions:

- Swelling, bruising, and some bloody drainage are normal for the first 2 weeks.
- Notify Dr. Pancholi if you notice blurry or a change in vision
- Contacts may be worn after about 10 days and with Dr. Pancholi's approval.
- Be aware of a possible hematoma by noticing:
 - Usually one side of your face begins to experience:
 - Extreme swelling
 - Extreme hardness
 - Extreme pain
 - Notify Dr. Pancholi immediately if the above occurs.
- Numbness, tingling, or sharp sensations is expected for the first few months.
- Do not drive any vehicles or operate and heavy machinery:
 - 36 hours following your surgery.
 - 4 hours following your last dose of pain medication.
 - 8 hours following your last dose of sleep medication.
- Prescriptions:
 - If you have a sensitive stomach, take your antibiotic with yogurt.
 - If your pain medicine is making you sick:
 - Lower the dose.
 - Take it with food.
 - Notify Dr. Pancholi.

Patient

Signature: _____

Date: _____

Address: _____

Phone: _____

Guardian
Signature: _____

Relation
to Patient

Date: _____

Dr. Pancholi

Date: _____

Witness

Date: _____