

Patient:



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:

- 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: _____
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Dr. Pancholi \_\_\_\_\_ Date: \_\_\_\_\_

Witness \_\_\_\_\_ Date: \_\_\_\_\_