

Blepharoplasty – Post-Operative Instructions

General Care After Surgery

- Expect some swelling and bruising around your eyes
- Apply ice regularly for 7 days after surgery (no ice directly against your skin). You can apply it every hour for ~10 minutes.
- Avoid bending over (head down position) or an increase in your blood pressure for the first week.
- It is important to keep your blood pressure on the low side for 3 weeks after surgery (no heavy exercise and take your normal hypertension medications as prescribed).
- You can and should walk multiple times each day as this will help prevent a blood clot from forming in your legs.

Washing

- Showering is ok 24 hours after surgery. Be very gentle when washing your face and do not rub over your eyelids. Do not have any shower spray land directly on your face, let the water run down from your hair.
- It is ok to use mild shampoo.
- Allow your eyelids to air dry and gently pat the rest of your face with a clean towel.
- Do not rub your incisions to dry them.
- Do not use peroxide or alcohol to clean the incisions.
- No baths, pools, hot tubs, or lake water for 6 weeks.

Medication

- Anti-Pain medication can be taken after surgery.
- It is ideal to wean off any narcotic medications as soon as reasonably possible. You should not drive if you are taking narcotics. Unless there are contraindications, I generally recommend 2 extra-strength Tylenol and 400-600mg of Advil every 6 hours. You need some food in your stomach with Advil, but this regimen has a low side-effect profile and works well (take them together as they do not interact).
- Resume prescribed medications unless otherwise stated.
- Do not use fish-oil and herbal supplements etc. for at least 2 weeks after surgery.
- Take any antibiotics as prescribed at the appropriate times until completed.

Incision Care

- **Do not** apply anything (including Polysporin) to your incisions for the 1st 2 weeks.
- **Bleeding or oozing around your incisions may occur following surgery. If it persists or you experience pain behind your eye or decreasing vision, call 911 or go to your closest emergency department and notify Dr. McInnes. If you develop a**

large amount of pain, swelling, and bruising do not ignore it.

Special Note

- If the white part of your eye (conjunctiva) becomes red and you have excess tearing a few days after surgery, please call or email our office as you may benefit from eyedrops.

Three Weeks After Surgery

- Begin to massage your incisions with non-irritating scar cream (available at our office) or facial moisturizer. Do not use 100% vitamin E. I also recommend using a facial moisturizer with SPF 30 or higher for at least one year to prevent scar darkening and trying to avoid the sun. Remember, it will take a full year for your scars to mature.

Follow Up Care

- You will need to have the sutures removed 4-7 days after your surgery and Dr. McInnes prefers to remove them himself. Please arrange with our office to confirm the time and location. You may be required to visit Dr. McInnes at a hospital to have them removed. He may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

Weekday Care (8 am to 5 pm)

- For general inquiries/questions email office@doctorm.ca or call the office (for more concerning issues call the office).

Weekend, After Hours, and Emergency Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

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