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HILGER

FACIAL PLASTIC CLINIC

7373 FRANCE AVE S., STE 410
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THEHILGERCLINIC.COM

POST-OPERATIVE CARE FOLLOWING BLEPHAROPLASTY

Call our office promptly if:

- ✓ **You have a temperature over 100°**
- ✓ **There is unusual bleeding or discharge from the incision**
- ✓ **You have any change in vision**
- ✓ **You have an increase in pain which is progressive and not easily relieved with medication.**

During business hours, 8:00am-5:00pm, please call the nurse at 612-520-1455. For concerns after business hours and on holidays, please call 952-844-0404.

What Can I Expect ?

- ✓ Some bruising, swelling and discomfort will be expected, which is often worse 2-3 days after surgery.
- ✓ Swelling may make eye opening difficult, this will improve.
- ✓ Tearing and light sensitivity is expected, but only for a short duration.
- ✓ Some oozing of blood from the wound is typical for the first day after surgery.

How Do I Care For Myself ?

- ✓ A non-aspirin, mild pain medication may be needed after surgery, since severe discomfort or pain is rare.
- ✓ Apply cold compresses or ice several times in the first 24 hours to reduce swelling and bruising (ten minutes on, ten minutes off). Keep head elevated the first 24 hours.
- ✓ Eye drops or an eye ointment may be prescribed.
- ✓ Sunglasses may be worn to reduce light sensitivity
- ✓ Apply warm compresses to reduce crusting of eyes, which may appear in the first 2-3 days after surgery.

DO NOT:

- ✓ Wear contact lenses for the first five (5) days after surgery.
- ✓ Use non-prescription medication for the first two (2) weeks – especially medications containing aspirin.
- ✓ Swim -- until approved by your physician
- ✓ Scrub, wash or massage your eyes. Do not wear make-up until approved by your physician.

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Care Of The Wound Site:

- ✓ It is important to perform incision line care to help facilitate healing and optimal recovery. Perform wound care two times a day. Remove dressings 24 hours after surgery and start the cleaning procedure:
 - ❖ Take a Q-tip, soaked in dermal wound cleanser and roll over the wound area to help remove dried, crusty blood.
 - ❖ Specific moisturizer ointment should then be placed onto the incision line using a Q-tip. Keeping the wound moist will help facilitate healing.
 - ❖ If permanent stitches are used, they will be removed 7-10 after surgery. Often times absorbable sutures are used; these will reabsorb in 1-3 weeks.

Exercise Restrictions:

- ✓ Refrain from rigorous exercise for the first 2 weeks after surgery. Do not lift anything greater than 10 pounds. Avoid activities that would cause you to hold your breath, which would increase pressure.
- ✓ After 2 weeks from surgery you can slowly and gradually increase your activity

Post-Operative Wound Care Package:

The items listed below are suggested by your doctor to be used following your procedure. You can purchase this care bag prior to your surgery. Included in this wound care package is a free consult with our esthetician.

- Dermal Wound Cleanser-helps to remove dried, crusty blood on suture line and around the surgery area.
- Moisturizer-this helps keep the suture line moist to promote healing
- Sunscreen-UV Physical, Broad Spectrum SPF 41-this sunscreen is specifically for post-procedure skin; not all sunscreens are approved for surgical sites.

Other suggested items:

- Arnica -helps reduce swelling and bruising after your surgery
- Biocorneum-this product contains silicone. Silicone is shown to help prevent abnormal scarring after procedures.

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