



MCCANNEL EYE CLINIC AFTER EYELID (BLEPHAROPLASTY) SURGERY INSTRUCTIONS

I. General Reminders

1. I have prescribed the following medications to take following surgery:

2. Continue any medication from your general medical doctor unless instructed otherwise.
3. Call immediately if you have any problems or questions.

II. Symptoms that often occur after surgery

1. Scratchy or sharp sensation – this is usually caused by a stitch.
2. Redness and/or swelling of the white of the eye.
3. Mild to moderate swelling of the eyelids.
4. Black and blue bruising around the eyelids
5. Tearing.
6. Blurring of vision.
7. Slight oozing of blood from the incisions.

III. “ALERT” Symptoms – Call immediately should these occur (952-848-8300)

1. Severe pain.
2. Rapid swelling and protrusion of the eye(s).
3. Change in vision that does not clear with blinking.
4. Bleeding not controlled with cold compresses.

IV. Post-operative care

1. Continuous cold compresses (clean washcloth rinsed with cold tap water) until bedtime.
2. Clean incisions and stitches with wet Q-tips every 3 hours. Gently clean directly over the stitches and remove any dried matter or debris. Clean the eyelashes and eyelids to remove crusting.
3. Place ointment on stitches and in the eye if instructed.

V. The morning and week following surgery

1. Warm compresses (clean washcloth rinsed with warm tap water) placed over operated area for 5 minutes four times daily for one week.
2. Clean incisions and stitches with Q-tips wet with warm tap water after each compress. Clean directly over the stitches and remove any dried matter or debris. Clean the eyelashes and eyelids to remove crusting.
3. Place ointment over stitches and in eye if instructed.

4. Avoid vigorous exertion.
5. Use Tylenol – not aspirin – for discomfort. Aspirin promotes bleeding.
6. Special instructions: _____

VI. Additional Postoperative Instructions

1. Although you will be awake and alert in the recovery room, small amounts of anesthetic will remain in your body for at least 24 hours and you may feel tired and sleepy for the remainder of the day. Once you are at home, take it easy and rest as much as possible. It is advisable to have someone with you at home for the remainder of the day.
2. Drink plenty of fluids. Alcoholic beverages should be avoided for 24 hours after your anesthesia or intravenous sedation.
3. Increased bleeding, prolonged nausea, vomiting, or pain should be reported to **Dr. Sanderson** at **952-848-8300**. Some discomfort in the operative eye the day of surgery is normal.