

HEARTLAND PLASTIC —| & HAND SURGERY |—

DAVID M. DEISHER, M.D.

INSTRUCTIONS FOLLOWING YOUR BLEPHAROPLASTY

ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE

1. You will experience moderate bruising and swelling of the eyelids. To relieve the swelling, use cold compresses applied gently to the eyes for 24 - 48 hours.
2. Elevate your head on two pillows for the first few days to help minimize the swelling. Bruising and swelling of the eyelids may last 2 - 3 weeks or even longer. Occasional bleeding into the white of the eyes may occur. This may take 4 - 6 weeks to resolve.
3. You may shower, shampoo, and wash over the eyes 24 hours after surgery. Do not wash off the steri-strips or small pieces of tape. It is normal to have blurred vision for a few weeks after surgery. It is also normal to have eye strain when reading or using a computer. Taking frequent breaks may be helpful.
4. Eye makeup may be applied one day after suture removal.
5. Avoid strenuous activity for three weeks after surgery.
6. **DO NOT TAKE ANY ASPIRIN CONTAINING COMPOUNDS OR ANTI-INFLAMMATORIES UNTIL INSTRUCTED TO RESTART THEM BY YOUR PHYSICIAN.**
7. Small cysts may occur along the eyelid incisions. These are usually temporary and go away spontaneously.
8. Contacts may be used 2 - 3 weeks after surgery.
9. **SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR:**
 - a. Temperature over 101 degrees Fahrenheit
 - b. Chills
 - c. Significant drainage or separation of the suture lines
 - d. Excessive or worsening eye pain
 - e. Worsening vision
 - f. Excessive redness or swelling of the incision lines

David M. Deisher, M. D.
(573) 334-4263