

# THE FIRST GLANCE

## Blepharoplasty (Eyelid) Post-Care Instructions

### **SUPPLIES TO HAVE AT HOME:**

- Your prescription medications (you may receive your prescription prior to surgery or day of surgery)
- Stool softeners (ie. Restorolax/Lax-a-Day/Senokot).
- Reactine (antihistamine to help with itchiness associated with medications or wound healing)
- Refresh Tears and Lacri-lube ointment if you're having dry eyes/irritation (Tears for daytime; Lacrilube for night)
- Aquaphor ointment

### **Prior to your surgery:**

Arnica Montana is an herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start these 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

### **Controlling Swelling and Bruising After Surgery:**

To help improve swelling and bruising around the eyes, use cold gel packs or a Ziploc bag containing frozen peas applied to your eyes for 10 minutes every hour that you're awake to help reduce swelling and bruising. **IF YOU HAD FAT TRANSFER, DO NOT APPLY ICE TO THESE AREAS.**

The use of "**Lid Lift Goggles**" may have been recommended to you in order to help control swelling and bruising around the eyes. If these were suggested for you, a separate instruction sheet will be provided on how to use these. Do NOT use ice packs with the goggles as it will make the goggles less effective.

### **First 12-24 hours after:**

- Avoid operating a motor vehicle if you have had any sedation.
- Try to rest in a sitting position or with your head elevated to help reduce swelling and bruising. Place a single couch cushion under head of bed, sleep with 1-2 pillows, or you may also sleep in a recliner. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.

**\*\*IF YOU ARE USING LID LIFT GOGGLES, YOU WILL NOT NEED TO SLEEP WITH HEAD ELEVATED.**

- Use pain medication and eye medication as directed by your doctor. You may shower neck down after 12 hours.

If you experience increased pain with rapid swelling in one eye/eyelid, especially if your vision changes in that eye, call your doctor immediately, or go to Misericordia Hospital for urgent eye care

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## 24-72 hours after:

- Avoid straining, heavy lifting, or any activity that will raises your blood pressure.
- Wear comfortable, easy to slip on footwear and avoid bending down.
- If Steri-strips (sterile pieces of tape along incision) are present, do not remove.
- **IF** eyes feel irritated or tearing, use REFRESH TEARS as needed during the day. **IF** eyes feel irritated in the morning after waking up, use LACRI-LUBE OINTMENT before sleep
- **DO NOT** put Polysporin on your eye incisions.
- Apply Aquaphor 1 or 2x daily using a Q-Tip.
- Walking, and non-strenuous activities may be resumed
- You may use a non-drowsy antihistamine such as Reactine to help with itchiness associated with wound healing.
- You may shower after 48 hours, make sure to **wet your eyes** to try and prevent any crusting to the incisions. Pat dry. **DO NOT** rub.
  - If you have had lower eyelid surgery and have a small external dressing next to your nose, do NOT get this wet until after you see Dr. Brichacek back in one week.

## 14 days after:

- Sutures will be removed in 5 to 7 days. Sutures cannot be left in longer than this as they can leave marks.
- Avoid contact lens wearing until 2 weeks after surgery.
- You may resume more strenuous activities such as gym workouts after 14 days. Any heavy lifting or straining should be avoided for 21 days.
- Some people may still require artificial tears or Lacri-lube for temporary “dry eye”.

## 4 weeks after:

- Usually safe to wear make-up unless otherwise instructed by your doctor. Avoid applying make-up directly to incisions.

Do not bend with your head lower than heart level, this will increase potential swelling/bleeding. When putting on shoes/socks bring your foot up to reach it. When picking something up from the ground, bend at the knees to pick it up.

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

## Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

## After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at 204-885-1419.

If on weekends or an emergency, please call or text Dr. Brichacek at (204) 898-9933

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

**In case of emergency please call Dr. Brichacek at 204-898-9933**