

**Dr. Trevor M. Brooks MD, FRCSC
Plastic, Hand & Aesthetic Surgery**

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Call our office if you have:

- Fever over 37 Degrees
- Yellow, green or foul smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc).

Blepharoplasty Post Operative Care Instructions

Dressings/Bandages:

- The Steri-Strips applied in the operating room should remain on and intact for one week following surgery.
- You may shower and let water run over the incision/incisions.
- Do not soak the area (no baths, hot tubs, pools, or lake water) until 3 weeks after surgery.
- You may protect the incision with a light layer of Polysporin, but be sure to keep it out of your eyes as it can cause irritation.
- Your sutures will not dissolve and will need to come out exactly one week after your surgery.

Medication:

- Take your regular medications as prescribed to you (unless Dr. Brooks has instructed you otherwise).
- For pain take acetaminophen (Tylenol) unless Dr. Brooks has instructed you otherwise.
- If you are prescribed an antibiotic, make sure you finish the entire prescription.

Diet:

- Resume your regular diet.
- Drink plenty of fluids, but stay away from alcoholic and caffeinated drinks.
- Avoid smoking 3 months before and after surgery.

Activity:

- Swelling is normal- elevate your head on a pillow while sleeping to help reduce swelling.
- You may apply an ice pack as needed to your forehead and between your eyes off and on for 20 mins at a time for the first 3-4 days. Be sure to place a clean towel/paper towel between the ice pack and your forehead, so it is not too cold on your skin.
- Do not exercise until Dr. Brooks has given you the go ahead (usually 2-3 weeks after surgery)

Sunshine:

- It is recommended that you wear sunglasses and a hat while your incisions heal.
- Do not use sunscreen on the incisions until they have healed completely.
- If your surgical site is to be exposed to the sun, apply sunscreen of SPF 45 or greater for at least 1 year to prevent the scar from tanning and becoming darker in appearance.

Return to Work:

- Most patients are able to return to work within 1-2 weeks after the surgery; however, there is usually a significant amount of bruising around the eyes. Many patients who work with the public take more time off until the bruising has lessened. If you require a work note, please inform Dr. Brooks before your surgery.

Your Follow up Appointment:

One week after your surgery Dr. Brooks will want to see you again for your stitches to be removed. To ensure you will get in within this time frame please call promptly after your surgery.

