



RALPH A. MASSEY, M.D., F.A.A.D.
DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



1260 15th STREET, SUITE 1401, SANTA MONICA, CA 90404
TELEPHONE (310) 434-2495, FACSIMILE (310) 434-2497

BLEPHAROPLASTY POST-OP INSTRUCTIONS

1. USE AN **ICE PACK** (OR A BAG OF FROZEN PEAS WRAPPED IN A CLEAN TEA TOWEL) OR **COOL COMPRESSES** OVER YOUR EYES FREQUENTLY (FOR 5 MINUTES EVERY 15 MINUTES FOR THE FIRST DAY AND THEN FOR 5 MINUTES EVERY 30 MINUTES FOR THE SECOND DAY AND AS NEEDED AFTER THAT) TO HELP CONTROL SWELLING AND BRUISING.
2. IF YOU HAVE SUTURES APPLY THE SPECIAL OPHTHALMIC ANTIBIOTIC OINTMENT TO THE SUTURES AT LEAST TWICE A DAY IN ORDER TO KEEP THE STITCHES MOIST DURING HEALING.
3. APPLY ARTIFICIAL TEARS (LUBRICATING EYE DROPS) EVERY NIGHT (EG. REFRESH PM) AND THROUGHOUT THE DAY (EG. REFRESH TEARS), DURING THE FIRST WEEK TO AVOID YOUR EYES GETTING DRY.
4. AVOID RUBBING YOUR EYES.
5. AVOID ANY STRENUOUS ACTIVITY OR EXERCISE FOR 1 (ONE) WEEK.
6. AVOID ALL ALCOHOL FOR 1 (ONE) WEEK.
7. AVOID SMOKING FOR AT LEAST 2 (TWO) WEEKS.
8. YOU MAY SHOWER AND WASH YOUR FACE WITH MILD SOAP AND WATER.
9. TAKE ALL MEDICATIONS AS PRESCRIBED.
10. TRY TO AVOID ASPIRIN, MOTRIN OR IBUPROFEN AS THESE MAY INCREASE THE RISK OF BLEEDING AND BRUISING. THE USE OF TYLENOL IS RECOMMENDED FOR ANY PAIN.
11. SLEEP WITH YOUR HEAD ELEVATED ON AN EXTRA PILLOW TO DECREASE SWELLING.
12. **CALL THE DOCTOR** IF YOU DEVELOP INCREASING PAIN OR SWELLING IN THE AREA OR YOUR VISION IS AFFECTED.