

BLEPHAROPLASTY POST- OPERATIVE INSTRUCTIONS

- Rest and avoid physical activity for the first week and this will significantly reduce your bruising.
- Place an extra pillow under your head at nights for the first week.
- Apply ice to the area of surgery as much as possible for the first 48 hours. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
- You may gently wash the surgical area and use half strength Hydrogen Peroxide to remove any clot that is stuck. Apply **Polysporin** ointment to the stitches four times daily.
- Your eyelids may feel stiff and your eyes may be slightly irritated for the first few weeks in which case artificial tears will help. If you have a sensation of dry or irritated eyes, please inform Dr. Demianczuk
- Once the skin has healed in approximately 6 to 10 days, makeup can be worn. Opaque makeups with sunscreen, such as **Continuous Coverage by Clinique** (available in several skin tones) are ideal.
- If your scars will be exposed to sun, regular use of sunscreens such as **AlumierMD with an SPF of 40** is recommended for several weeks afterwards. This can be purchased through our office.
- Do not use Vitamin E cream in the first six weeks or you may widen your scars.
- Scars occasionally will become raised and red. If this is happening to your scar you can try using silicone. This product comes in a liquid form or as a sheet, and is available at the front desk. If your scar is becoming a problem please discuss it with Dr. Demianczuk.
- Once the surgical area is comfortable, begin gentle massage of your eyelids two times per day for ten minutes. For the lower lids start in the corner and gently massage in a down to up motion focusing on the outer corners. The upper lids should be gently massaged from side to side. This will improve the contour and reduce swelling.

You should call Dr. Demianczuk’s office immediately (604-806-6360) if you have:

- bleeding, increasing pain, pus in the surgery area, fever, difficulty urinating, shortness of breath.
- If you cannot reach Dr. Demianczuk after hours, please call St. Paul’s Hospital at 604-682-2344 and ask for the Plastic Surgeon on call to be paged.
- If you received sedation, you **MUST NOT** operate motor vehicles, boats power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PERSCRIPTIONS:

- Tylenol #3 or Tramacet. Take one or two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine. Antibiotics _____ Other medicines _____

SPECIAL INSTRUCTIONS:

Follow-up appointment: _____

I have read and understand the above instructions. I agree to keep the office of Dr. Demianczuk and the surgical facility informed of my progress and co-operate with the doctor(s) involved in my care after surgery until completely discharged.