

BLEPHAROPLASTY

DR. JASON CLAIN

POST-OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

CONTACT DR. CLAIN

Office: 914-219-8332

Secretary: (516) 739-2322

Dr. Clain's email:

JClain@nyplasticsurgical.com

After Surgery

- After your operation, you may have blurred vision because of ointment in your eyes. Vision usually clears within a day
- Keep ice compresses (small gauze pads dipped in iced water and wrung out) on your eyelids for the first 48 hours.
- Use the ointment twice daily on your eyelid incisions
- Use over the counter eye drops (preservative free) if you are experiencing dry eyes.
- Ok to shower in 2 days, let water gently run over your face. Do not scrub.

Activity

- Do not lift anything >5 pounds.
- Keep your head up, do not bend down
- No contacts for 3 weeks. No makeup for 2 weeks. No heavy exercise (straining/sweating) for 6 weeks.
-

Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
- You do not need any additional antibiotics

What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks

Follow-Up

- You should see Dr. Clain within 10 days of surgery. If you do not have an appointment, please call his secretary