

Postoperative Instructions: Blepharoplasty

Pain Medication:

- Take 2x paracetamol tablets (Panamax, Panadol) every 6 hours regularly for the first 3-5 days.
- You can also take Nurofen or Ibuprofen (400mg) up to 3x a day (with food) as required.
- You will also be prescribed strong painkillers such as Tramadol, Endone (oxycodone) or Palexia for severe pain. Take these as instructed on the packet.
- If your pain is severe and not relieved by the strong painkillers, please call the office or the hospital you were discharged from.

Ice Packs, Swelling and Bruising:

- Put a small handful of frozen peas in a small plastic bag to make your 'ice-packs', make at least 4 packets and put them in the freezer. Place an ice-pack over closed eyes, change it every 20-30 minutes so that the coldness is constant. If it is too cold, you can wrap the ice pack with a clean dry Chux wipe. This is most effective in decreasing bruising and swelling if applied constantly in the first 4 hours after surgery.
- Do not lie down as the swelling and bruising will worsen. Elevate the head as much as possible. Sleep on two extra pillows at night for 3 nights.
- It is not uncommon to have swollen eyelids for 3-5 days. Sometimes this can make opening of the eyes very difficult. The swelling is usually starts to settle around day 2-3 after the operation. If you notice any persistent swelling during this time, you can repeat the ice-packs.
- It is unusual for the swelling or pain to worsen after 5 days. If this occurs, you may have an infection, please contact the rooms.
- The Bruising (aka Raccoon Eyes!) will start to improve after 5-7 days, in some, up to 2 weeks.

Dressings & Hygiene:

- DO NOT REMOVE ANY TAPE on your face. Tape placement does NOT reflect positions of your scars, some are in place to hold suture ends away from your eyes. If you find a loose suture end (usually blue or black in colour), DO NOT pull it or trim it; leave them alone or tape it down with more micropore tape or steri-strip from the chemist. Alternatively, you can call our office and we can replace the tapes for you.
- You may shower and wash your face 24 hours after surgery. You can wash over the tapes and pat them dry very gently. Keep the tapes clean. DO NOT apply any makeup, ointments or creams over the tapes or around your eyes.

Sleeping:

Sleep with your head elevated on at least 2-3 pillows for 3 days after surgery. You can flip from side to side, but don't spend all night on one side or that particular eye will be more swollen than the other! To ensure a good night sleep, take your pain medication prior to sleeping. It is not unusual to be particularly sleepy and tired after an operation or an anaesthetic. Take time to rest as needed.

Diet:

Recovering from a general anaesthetic is like recovering from the flu. Start with clear liquids; then advance to soft, non-spicy foods over the next 2 days.

Activity:

- Remain reclined or seated, and quiet for the first 24 hours. Avoid bending, heavy lifting, pushing, pulling or straining for at least 3 days. All these activities may cause bleeding, bruising and swelling.
- You should be able to drive when you can see clearly and the swelling in your eyelids have improved. This is usually around day 3-4 after surgery.
- Avoid strenuous exercise or activities in the first 4 weeks, excessive welling of the eyelids during this period will just stretch the new tightened skin, resulting in more loose skin when the swelling subsides.
- You can start exercising at 25% of your normal level after 4 weeks, progressively increase your activities over the following 4 weeks. Intermittent swelling of your eyelids with activity and tiredness is not unusual in the first 3 months.

Make-up:

At your first follow-up appointment, your wounds will be reviewed and your sutures will be removed. You will be able to apply makeup on your face if your wound has healed adequately. Often it can take up to 2 weeks before makeup is recommended over the suture lines.

Follow-up:

Follow-up is usually 5-7 days after surgery in our nurse dressing clinic for wound check and removal of sutures. Leaving the sutures in longer than 7 days may make it difficult to remove. Make sure you call the office to establish date and time if you have not already received your first post-operative appointment.

Please Ring the Office if:

- You have a temperature over 38 degrees Celsius 48 hours after surgery. (A low-grade fever up to 37.5 degrees Celsius for 1-2 days is normal after surgery)
- The swelling does not improve after 3 days.
- Severe pain behind the eyes despite taking your pain killers.
- Severe headache despite taking your pain killers.
- Change in your vision (loss of colour, severe blurring, black or white spots, loss of vision).

What to Expect after Blepharoplasty:

- While the eyelids are swollen, there may be some asymmetry of your eyelids. The appearance may also look unnatural. DO NOT WORRY. This will improve as swelling subsides. Most swelling and bruising will persist for at least 6 weeks, up to 3 months, sometimes even longer.
- To prevent postoperative bleeding, do not cough excessively or blow your nose for 3 days after surgery. If you have to cough and sneeze, try to minimise the impact by allowing the air to escape via an open mouth.
- When the nerve recovers, you may experience tingling, buzz, or electric shock sensation periodically around the eyes. This is expected, and will disappear after a few months.

- The irregularities, pleats and puckers that are on your eyelids will settle. They smooth out with time and massage, but can again take several weeks.
- The scars on your eyelids may take up to 6-12 weeks to mature. If they become lumpy and pronounced, you will be asked to commence silicone gel therapy with regular massage for 3 months. Our nurses will discuss this with you when your sutures are removed.
- Remember, surgery takes time to settle, often patients look better at 3-6 months than at 1 months after surgery.

Your Medications:

- **Antibiotics:** Please start your antibiotics as soon as possible after your procedure. Follow the instruction on the box as dispensed by the pharmacist. Please complete the course.
- If you have any vomiting or diarrhoea associated with either the antibiotics or pain-killers, please cease them immediately.
- **Blood Thinners:** If you have stopped your blood thinners before surgery, you can restart it the day after your procedure. Please take your usual dose at your usual times, unless otherwise instructed.
- **Diabetic Medication:** If you have stopped or adjusted your diabetic medications prior to surgery because you were fasting, you can restart it as soon as you have started eating and drinking normally again. Please take your usual dose at your usual times. Please do not restart it if you are vomiting.

Your Postoperative Appointment: (Please follow the instruction ticked for you)

- Your follow-up appointment will be with our practice nurse in the dressing clinic

Date _____ Time _____ at

Sunnybank Australis Specialist Centre Clinic

Everton Park Clinic

Contact Telephone Numbers:

During Office Hours and Non-Urgent Matters – 3353 6165

After hours and for Emergencies – ring the hospital you were discharged from