



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## BLEPHAROPLASTY HOME INSTRUCTIONS

### DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

### ACTIVITY

- Keep your head up at all times, sleep with 2 pillows.
- You must take it easy for at least 24 hours.
- Do not do any strenuous activity.
- Avoid straining, bending over, heavy lifting, or exercising at this time.

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

### WOUND CARE

- ***Do not smoke!***
- Use ice packs over your eyes for the first 24 hours – 15 minutes at a time every 2-3 hours.
- You may wash over the incisions lightly with gentle soap and water after 24 hours.
- Do not pull on the sutures.
- Apply a THIN layer of Neosporin (or Polysporin) ointment on the incisions twice daily.

### PROBLEMS

***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Nausea or vomiting.
- Bruising is common with this procedure. Call if it becomes excessive.
- If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.
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### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had local anesthesia, you may have pain at the incision site when the medicine wears off.

### SPECIAL INSTRUCTIONS \_\_\_\_\_

### FOLLOW - UP

- Please call tomorrow to schedule your post-operative appointment for 1 week (unless previously scheduled)