



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Blepharoplasty Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in-office** visit, one week after surgery. At this time, your incisions will be checked.
2. **Second follow-up appointment:** will be **in-office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress. At this time, your incisions will be checked for proper healing.

Medications:

Clonidine 0.1mg: *lowers blood pressure to help reduce swelling*

- Take 1 tablet by mouth twice daily for 3 days

Triple Antibiotic Ointment:

- Apply to incision lines twice a day for 5 days following surgery

Tobradex Eye Drops:

- 1-2 drops in each eye 3 times a day for 7 days following surgery

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophen) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over-the-counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Activity:

- Walk as soon as possible following surgery, as this helps reduce swelling and lowers the risk of blood clots forming.
- Limit activities to light duty for three to five days.
- No lifting greater than five pounds for one to two weeks.
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports for two to three weeks.
- No swimming for two to three weeks.
- Return to work in seven to ten days.

Incision Care:

- Keep steri-strips in place.
- Keep incisions clean, dry and inspect daily for signs of infection.
- Use cold saline compresses for the first 24-48 hours to reduce swelling and bruising.
- You can shampoo your hair one to two days after surgery.
- Wait a minimum of two weeks before wearing contact lenses.
- Lubricate with lubricating eye drops frequently.
- You will have sensitivity to sunlight, wind and other irritants for several weeks.
- Wear sunglasses and eyelid cream that contains sunblock.

Bathing: Wait 24 hours after surgery and avoid water getting close to the incisions for two weeks. no soaking, bathtub use, swimming and/or steam rooms should be used for two weeks after surgery.

Diet: Clear liquids, soft or light diet day of surgery. Resume regular, **low salt** diet the following day. (Salt causes water retention and will cause increased swelling.)

Swelling: It is normal for your eyes to swell after surgery. The swelling may cause these areas to look uneven until the swelling subsides. Usually, swelling will go down in two to three weeks. In rare instances, it may take four weeks for the swelling to subside.

Bruising: Bruising may occur. Taking Arnica and Celebrex as directed above will decrease the severity of it.

Driving: You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel and perform all motions necessary for safe driving.

Special instructions:

- Keep head elevated with two to three pillows for three to four days after surgery.
- Apply ice packs bilaterally to eyes, 15 minutes on, 15 minutes off, for first 24 hours, while awake.
- Gently squint eyes intermittently throughout the day to help stretch the skin.

What To Expect:

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and/or itching of eyes.
- You may have oozing or crusting of eyes for approximately one week.
- Use Natural Tears (OTC eye drops) or Lacrilube (OTC ophthalmic ointment) as part of your post op treatment.
- For the first few weeks, you may experience tearing, sensitivity to light and double or blurred vision.
- You may have difficulty closing your eyes when you sleep. Use ointment at night to protect your eyes.

Appearance:

- Bruising and swelling of the eyelids may last one to two weeks.
- Healing is a gradual process, and your scars may remain slightly pink for six months or more.
- Tiny whiteheads may appear after stitches dissolve
- Facial makeup can cover up bruising after the incisions close

Recommendations for scar care: Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

NeoCutis BioGel Moisturizing HydroGel: Visibly diminishes the appearance of scars.

Instructions: Apply to affected area twice daily. Cost: \$178 plus Tax

BIOCORNEUM by Sientra: Crosslinked silicone that visibly diminishes the appearance of scars. ***Instructions:*** Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.

During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.