

PAUL D. DURAND, M.D.
PLASTIC SURGERY

Post-op Instructions
BLEPHAROPLASTY

Medications you *HAVE* to take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.
2. **Erythromycin ophthalmic ointment** – antibiotic ointment for eye incisions.
 - a. Start the night after your surgery.
 - b. Use 3 times a day for 2 weeks.

Medications you can take *as needed*:

3. **Hydrocodone (or Tylenol #3)** – pain medication, take only as needed every 6 hours.
Take this medication with a stool softener as it will constipate you.
**If pain is controlled, it is best to just take Tylenol instead!*
4. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
5. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.

Start the night of your surgery:

- Very important to use cold compresses on the eyes for the first 2 days after surgery.
 - o You can use cold saline or cold bottle water. Can place in bowl with ice.
- Sleep with the head of the bed elevated or on several pillows to help with swelling.
- Mild sore throat is normal from the anesthesia tube. Ok to take use Chloraseptic spray to alleviate this.
- Soft diet for the first night – shakes, soups, lots of liquids, low salt.
- Can take your first dose of antibiotics that night after eating something.

Starting the morning after your surgery:

- Continue sleeping with the head of the bed elevated for that first week.
- Continue applying the erythromycin ophthalmic ointment on eyelid incisions.
- Ok to shower from the neck down.

OTHER IMPORTANT INSTRUCTIONS:

Showering:

- Ok to wash hair on day 3 after surgery. Do this with assistance at home. Pad dry incisions gently.
- After shower continue with your wound care as instructed above.
- No pools or swimming for 4 weeks.

Activity Restrictions:

- **NO SMOKING OR VAPING!**
- Weeks 1-3 => no lifting more than 10 lbs.
- Week 4 => ok for light exercise, but no heavy weight-lifting.
- Week 6 => ok to go back to your pre-surgery exercise routine, ok for swimming.

Scar care:

- Erythromycin opthalmic ointment => use in incisions for the first 2 weeks after surgery.
- Silicone scar cream =>
 - o Can be purchased in the office or bought at a local drug store.
 - o Use starting at 2 weeks on incisions as instructed on box. Make sure you don't get inside the eye!
 - o Can use for the next year.
- Sun protection:
 - o This is the most important part of scar care!
 - o After second week of surgery can use sunblock on incisions every day, even when staying at home.
 - o Wear a wide hat and sunglasses if needed.