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PLASTIC SURGERY

Post-op Instructions
BLEPHAROPLASTY

Medications you *MUST* 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:

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- Apply cold compresses made of gauze sponges that are dipped into iced water (not an ice bag) to your eyes for 15-20 minutes every hour for the first two days while you are awake.
- Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side or flat. Keeping your head elevated will minimize swelling. Continue this for a week.

ACTIVITY:

- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. The best way to prevent blood clots (DVTs) and other complications is to *get out of bed and walk every hour while you are awake!* Get up and walk to the bathroom, to the kitchen, etc. The first few days make sure you walk with someone assisting you in case you get dizzy or fall.

- Please wear your compression stockings for 7 days to avoid blood clots. Stocking can be removed when taking a shower or washing, please make sure to put back on immediately.
- You can drive after day 7 if you are NOT taking any narcotic pain medication.
- Continue sleeping with the head of the bed elevated for that first week.
- Do NOT smoke, vape or be close to anyone smoking as this will significantly affect healing.
- Wear a wide hat and sunglasses if needed.

SHOWERING:

- You can shower the next day after surgery. Ok to shower neck down only, avoid water to face.
- 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:

- Weeks 1-3 => no lifting more than 10 lbs.
- Week 4 => ok for light exercise, but no heavy weightlifting.
- Week 6 => ok to go back to your pre-surgery exercise routine, ok for swimming.

SCAR CARE:

- Silicone scar cream => 1 Month
 - o Can be purchased in the office.
 - o 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.

WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision.