



At-Home Instructions

Blepharoplasty

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

General Instructions

- Sleep with your head and shoulders elevated on two to three pillows. You may resume your normal sleeping position after 4 weeks.
- Keep your head higher than your waist for the first 5 days.
- Showering is allowed daily with your back to the water. Use barely tepid water. After showering, gently pat your eyes. Do not rub your eyes.
- Stay out of strong sunlight and wear dark sunglasses until the swelling and bruising are gone.
- Avoid strenuous activities and no heavy lifting (no more than 5 pounds) for 4 weeks.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and instructed by the doctor. Smoke will irritate the nasal tissue & impede healing.

Diet

- Resume normal diet as tolerated.

Special Instructions

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely **NO** driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

Do NOT take the following products:

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.

Pain Control/Medications

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions (have over the counter Colace or laxative on hand).

Wound Care

You may experience:

- A mild burning sensation.
- Bruising around the eyes and cheeks.
- swelling. Apply ice compresses (bags of frozen peas or corn over the Swiss Therapy compress) to your eyes for one week. This greatly reduces bruising and swelling.
- Difficulty closing your eyelids completely for the first few days.
- A small amount of oozing from the incisions.
- Watery eyes.
- Do not rub your eyes. Do not apply heat.
- Apply prescribed ophthalmic ointment to your eyelid stitches twice a day for 5-7 days.
- Keep ypur eyes moist with Natural Tears® over the counter eye drops 4 times daily, and as needed. NO Visine® or contact lens solution.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches and give you further post-op instructions.

Call the office at the first sign of:

- Excessive pain associated with pressure of the eyelids.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.
- Any reaction from prescribed medication (Example: nausea with vomiting, hives or with swelling).

Do not hesitate to call if you have questions or concerns!

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.
216-292-6800

Please call with any questions.