

## Post-operative Instructions

### Blepharoplasty

#### Bandages:

- ✓ At the end of the operation, your eyes are covered with bandages.
- ✓ Cooling with ice compresses over the bandages is recommended for several days.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the area.
- ✓ You must not remove the bandages! This can only be done by qualified personnel at the Clinic.
- ✓ It is advisable to wear sunglasses in order to protect the eyes.

#### Regime and Rest:

- ✓ Immediately after the procedure it is important to rest. **The ideal position is on the back, with the head and body slightly elevated, to reduce, as much as possible,** any post-operative complications such as bleeding, haematomas or swelling. Cooling with ice compresses also helps to reduce swelling, as well as medication that might be recommended by the physician.
- ✓ You should avoid sudden movements and bending forward.
- ✓ Get plenty of rest.
- ✓ Follow balanced diet.
- ✓ Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- ✓ Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- ✓ Do not drink alcohol when taking pain medications.
- ✓ Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- ✓ If you are taking vitamins with iron, resume these as tolerated.
- ✓ Sleep with your head elevated 45 degrees for several days to minimize swelling.

#### Activities:

- ✓ Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- ✓ Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- ✓ Read or watch television after 2-3 days.
- ✓ Return to work in 10-14 days.

#### Incision Care:

- ✓ Taking the healing process into consideration, make-up can be used, following the doctor's recommendations, leaving out the eye area. Eye make-up can be used approximately three weeks after the operation.

- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on. If steri-strips come off, you can replace them if provided with additional strips.
- ✓ Keep incisions clean with soap and water and inspect daily for signs of infection.
- ✓ Use cold saline compresses for the first 24 hours for comfort and to reduce swelling and bruising.
- ✓ Generally, your hair can be shampooed anytime after surgery.
- ✓ Wait at least 2 weeks before wearing contact lenses.
- ✓ You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.

#### Massages:

- ✓ It is possible to apply massages of the scar once the wound had been healed.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

#### Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

#### Possible Reactions after the Operation:

- ✓ In some cases your temperature may rise slightly for two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.
- ✓ You may have gummy eyes for approximately 1 week.
- ✓ For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- ✓ You may have difficulty closing your eyes when you sleep.

#### Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home.
- ✓ Bruising and swelling of the eyelids may last 1-2 weeks.
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.
- ✓ Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- ✓ Tiny whiteheads may appear after stitches are taken out; can be easily removed by surgeon.
- ✓ Facial makeup can cover up bruising after the sutures are removed. Sutures will usually be removed in 5-7 days.

#### When to Call:

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.

- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.
- ✓ If you have a nosebleed or any unusual symptoms.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

**Cosmetic Surgery Post-operative Care:**

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

**Medical Express Clinic**

117a Harley Street  
 London W1G 6AT  
 Tel: 02074991991

or

**Karen Marwood-Jones R.G.N.**

4 Upper Wimpole Street  
 London W1G 6LF  
 Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

**Judith Jobling, RGN. RM. INP. LLB (Hons)**

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep  
 3 Chiltern Avenue, Flixton  
 Manchester M41 8SX  
 Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre. Evening and weekend appointments available. Home visits can be arranged at extra cost.