

EYELID LIFT / BLEPHAROPLASTY SURGERY

Post Operative Instructions per Dr. Worthing

1. A cold " Swiss Eye Therapy" mask will be applied in the recovery room. A box of three will be sent home with you. Keep these in crushed ice when not in use.
2. Sleep with your head elevated to help minimize and reduce swelling and bruising and to promote healing and overall comfort.
3. Purchase over the counter eye drops for moisture / lubrication which can be used to soothe and remove mucous matter from your eyes.
4. Avoid bending over or lifting for 2 weeks. Regular activities may be resumed three to four weeks after surgery or per Dr. Worthing's instruction.
5. Pain medication and antibiotics will be prescribed. Please drink plenty of fluids and take medication with food. Do not take ASPIRIN or any blood thinning medications listed on the pre-op instruction sheet for two weeks after surgery. Take 1500 mg Vitamin C daily.
6. You may shower two days after surgery allowing water to run over your face. Gently pat dry the suture areas and cleanse with suture lines with hydrogen peroxide on a Q-tip twice daily. Be careful not to get peroxide in your eyes.
7. Make an appointment for sutures to be removed five to seven days after surgery.
8. A certain amount of bruising is to be expected. This will diminish in two to three weeks. Numbness of the eyelids may occur and will return to normal after healing. Eye make-up may be applied gently 7-10 days after surgery.
9. It is important that you understand and comply with these post-operative instructions.

In case of Emergency after 5 pm or weekends call 281-537-3419.