



KONSTANTIN vasyukevich ^{m.D.}

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POSTOPERATIVE INSTRUCTIONS: BLEPHAROPlasty

first day.

Once you get home you should start taking pain medications and antibiotics as prescribed by Dr. Konstantin. Pain medication taken on an empty stomach can make you nauseous, so try to eat something before you take it. REMEMBER to avoid Motrin, Ibuprofen, Advil, and Aspirin for one week after the procedure. Sleeping on two or three pillows with your head elevated above the level of the heart will also help to reduce the swelling. IT IS VERY IMPORTANT in the first postoperative day to use cold compresses (ice water) over the eyelids to prevent the excessive swelling and bruising. Try to use the compresses 20 min on 20 min off for the rest of the day.

second day.

You can gently clean the incision lines with wet gauze and with the Q-tip apply Bacitracin ointment to incision lines. Repeat this 3-4 times daily. Avoid putting Bacitracin ointment into the eyes. Continue using pain medications as needed. Continue sleeping with you head elevated. During the second day you should use cold compresses for 20 min every 2 hrs.

three to seven days.

You can take shower and wash your face. Try to avoid coffee, hot or spicy food and cigarette smoke for the next three to four days. At this point postoperative swelling will start gradually subsiding. You may go on with your normal daily activities and gradually resume your regular diet. Avoid running, strenuous exercise, or bending down.

day seven.

Dr. Konstantin or his assistant will remove sutures in the office. You may resume your normal activities including moderate exercise. Avoid contact sports and very strenuous exercise for another two to three month. Continue wearing support dressing at night for another four weeks.

two month.

Follow up visit will be scheduled in Dr. Konstantin's office.