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POST-OP BLEPHAROPLASTY INSTRUCTIONS

- 1) REST IN BED OR A CHAIR for the first 24 hours following surgery. Be sure to keep your head elevated.
- 2) USE YOUR EYEDROPS, if prescribed, to help ease any discomfort or irritation caused by incomplete eyelid closure.
- 3) AVOID HITTING OR BUMPING YOUR FACE .It is wise not to pick up small children and you should sleep alone for one week after your operation.
- 4) APPLY COLD COMPRESSES.as often as possible for the first 48 hours after surgery.
- 5) AVOID BENDING, STRAINING, HEAVY LIFTING for the first week following surgery.
In addition to aggravating swelling, these activities may elevate blood pressure and start bleeding.
- 6) AVOID PHYSICAL EXERCISE for 2 weeks.
- 7) DO NOT SMOKE AND AVOID ALCOHOL CONSUMPTION for 3 weeks after surgery.
Both of these activities can significantly slow the healing process.
- 8) REPORT ANY SUDDEN SWELLING OR INCREASED DISCOLORATION to your doctor immediately.
- 9) SLEEP IN AN UPRIGHT POSITION (preferably on your back) by elevating the head of the



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bed and using extra pillows for at least 1 week following surgery.

10) COMPLETE the course of antibiotics and take painkillers as an when required.

11) If you have any excessive pain/ swelling/ redness/ bruising/ bleeding or raised temperature (fever) or any other concern related to your operation you must seek medical advise from

- a) Your Surgeon or
- b) Clinic/ Hospital where operation was performed or
- c) Your GP surgery
- d) Accident and Emergency department at your local NHS Hospital

You will receive email with your follow up appointments. These appointments are an important element of your post-surgery recovery, and we would ask you to make every effort to attend them.

You are advised to clarify all your questions with your surgeon and the clinic team at the time of your discharge.

Please do not hesitate to contact MACS TEAM on 0 2070 784 538 or email on: info@macsclinic.co.uk

We wish you a pain free, quick and complete recovery.

Regards,