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WWW.THEOTTAWACLINIC.COM

Blepharoplasty (Eyelid Surgery) Post Op Instructions

Nutricosmetics:

GliSODin Advanced Pre & Post Formula is a nutricosmetic designed to prepare the body for cosmetic procedures, enhance recovery time, and address all levels of wound healing. Some of the expected benefits are: helping support connective tissue formation, maintaining immune function, minimizing bruising and swelling, aiding in wound healing, helping maintain healthy skin, and maintaining good health through its powerful antioxidant properties.

Take one sachet of powder and one sachet of capsules daily for 7 days before the procedure and for 7 days post-treatment. Once completed, ask us about GliSODin Skin Brightening Formula.

The Dressing

You may have gauze or pads over your incisions to absorb any drainage. These can be removed the day after your surgery. Steri-Strips (paper tapes) on the incisions can remain in place for approximately one week. Replace them if they come off.

Incision Care

Remove the gauze (if any) the day after surgery.
Wash the wounds with soap and water. Pat the paper tapes dry.

-Your sutures are usually removed after 5-7 days

-Your sutures dissolve

Swelling

Starts immediately after your surgery and will peak over 3 to 4 days and will lessen by 2 weeks.

To minimize swelling for the first 2-3 days:

- 1) Keep your head elevated on extra pillows when lying down.
- 2) Apply an ice pack for 20 minutes every 2 hours while awake, protect your skin with a thin cloth.
- 3) Avoid activities that raise your blood pressure (exercising and bending over).



Pain

Mild - Well controlled with Tylenol or your prescription medication.

Eye Care

Wait at least 2 weeks before wearing contact lenses.

Bright sunshine may be irritating for the first few weeks. Wear sunglasses if this is the case.

If your eyes are dry and/or irritated, use an over the counter eye drop like "Natural Tears".

Use a wet cloth or Q-Tip to remove any crusts that build at the corners of your eyes.

If you were given a prescription for eye ointment, apply a thin layer to both eyes at night as long as directed

What to Expect

Bandages that may cover the eyes for one night

Swelling, Bruising, dryness burning or eye itching for 1 to 2 weeks

Temporary double or blurred vision.

Temporary difficulty completely closing the eyes during sleep.

Increased eye watering is normal for the first few weeks.

Appearance

Swelling and Bruising will be acceptable at 2 weeks

Scars will remain slightly pink for more than 6 months

Eye Make Up can cover any bruising AFTER your stitches are removed or dissolved and all crusts have fallen off

Scar Management

We will advise you when to start your scar management cream and eye moisturizer cream at your first post op visit. It is a good idea to protect scars from the Sun (with clothing or good sunscreen) for at least 12 months to prevent burning and permanent darkening.

Activities

Start walking as soon as possible after your surgery

Avoid strenuous exercise for 2 to 3 weeks.

Read or watch television after 2 to 3 days

Do not drive until your vision is normal and you are off all pain medications

Return to work after 10 to 14 days

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Call Our Office If you have:

- 1) Increased swelling or bruising after 3 days
- 2) Increased redness along the incision and lids
- 3) Severe or increased pain not relieved by medication
- 4) You have a fever (oral Temperature more than 38.5 C)
- 5) Green, Brown, Grey or foul smelling discharge from the incisions
- 6) Bleeding from the incisions that does not stop with 45 minutes of pressure
- 7) Changes in vision in one or both eyes.

Special Instructions

Post Op Call -

The nurse assigned to your care will call you the day after your surgery to check in. Please let her know of any questions or concerns.

Schedule Your Follow Up Appointment -

Your appointment has been scheduled for _____.

Please call us at 613-729-1616 to confirm this appointment. You may also contact us with any concerns.

For after hours emergencies -

Call the Queensway Carleton Hospital at 613 721 2000 and the On-Call Plastic Surgeon will be paged.