

## **Pioneer Valley Plastic Surgery, LLC**

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### **Post-Operative Instructions for Blepharoplasty**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (413) 731-7877.

- Minimal activities for the first day after surgery.
- Sleep on back with head of bed elevated.
- You may ice your eyes/face for the first week to decrease swelling and pain.
- You may shower 72 hours after surgery.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1<sup>st</sup> week.

You can expect:

- Clear and bloody drainage from incisions for the first couple of days.
- Sutures to be removed in about 5 days.
- To return to non-strenuous work within 3-7 days.
- Moderate discomfort which should be relieved with pain medications.
- Moderate swelling of eyes and face.
- Bruising around eyes/face.

Call the office if you experience:

- Severe pain not relieved by pain medications.
- Increased swelling of eyes/face that is not decreasing.
- Excessive drainage.
- A fever greater than 101.5
- Call the office at any time with questions.

**As time goes by and you are healing**, the following apply:

- Most swelling, bruising and soreness resolves within 4-6 weeks.
- Return to strenuous activities in 3-4 weeks.

\*\*We require 48 hours for prescription refills. Please call in advance.