

## POST-OPERATIVE INSTRUCTIONS – UPPER BLEPHAROPLASTY

### Narcotic

- Tylenol #3 (Acetaminophen/Codeine)      **Last dose given at:** \_\_\_\_\_AM/PM  1 tablet  2 tablets
- Percocet (Acetaminophen/Oxycodone)      May take 1-2 tablets every 4-6 hours **as needed** for pain starting at \_\_\_\_\_AM/PM
- Tramacet (Acetaminophen/Tramadol)

### General Discharge Instructions:

1. You **MUST** be accompanied home by a responsible adult who may either drive you home by car or take you back in a taxi.
2. The medication or sedation given to you will be acting in your body for the next 24 hours. Because of this, you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore, you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol, including beer, make important decisions or sign legal documents.
3. Eat a light diet following surgery. Avoid spicy, greasy, fried, or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-Aid, nonacidic juices).
4. **Avoid smoking for six weeks** after surgery for better wound healing (nicotine constricts blood vessels).
5. If your surgical site is exposed to the sun **after three weeks**, apply a sunscreen SPF 45 or higher and continue to do so for at **least a year** to prevent the scar from changing to a dark color.

### Medications:

1. Be sure to eat something substantial before taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.
2. Initially, take your pain medication and antibiotic 2 hours apart. Then, if you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
3. ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. DO NOT allow yourself to have any problems with constipation.
4. Do not consume any drugs other than those specifically ordered for 24 Hours. If the medications or vitamins are blood thinners, please do not take them for at least 3-4 weeks after surgery unless medically necessary and approved by Dr. Brooks or your Family Doctor.
5. Finish all antibiotic medication as prescribed.

**Please note that you are impaired while taking narcotics, DO NOT drive until 6 hours after taking your last narcotic.**

- GRAVOL 50mg for nausea.
- TYLENOL
- ADVIL and ALIEVE- **4 days after your surgery.**

### Diet:

1. Resume your regular diet. You may eat as you feel able. Keep well hydrated by drinking plenty of fluids.
2. DO NOT drink alcohol or caffeinated drinks for one week after surgery.

### Activity:

1. Take it easy for the first two weeks to prevent bleeding but ensure that you walk around in your house at least every 2 hours during the day to prevent developing a blood clot.
2. Swelling is normal. It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or bed with 2-3 pillows behind your back and pillows under your arms. Continue this position for four weeks.
3. Beginning the second week, you may begin to be fully upright as your pain tolerance permits.
4. For four weeks, do not lift anything greater than 10 pounds (i.e., a 4-liter milk jug).
5. Avoid any aerobic activity, strenuous exercise, house, or yard work for 4-6 weeks.
6. You may drive after one week if you are not taking narcotic pain medicine.

### Wound Care :

1. The steri-strips applied in the operating room must remain on, dry, and intact for seven days following surgery.
2. **You may shower during this time and let the water run over the incisions.** Gently pat dry with a clean towel or allow to air dry, **DO NOT** rub aggressively. Once steri-strips have fallen off, place a very thin layer of Polysporin on the incision, be sure to keep this out of your eyes as it may cause irritation.
3. Let the steri-strips fall off on their own.
4. **DO NOT** use a bathtub, hot tub, swimming pool, pond, or lake for four weeks.
5. Your sutures are not dissolvable. They will need to be removed by Dr. Brooks at his office seven days after the surgery.
6. You may begin scar massage at two to three weeks (only if there are no open areas in the incision). Use firm

7. pressure and cream (vitamin A, E, or Aloe are all excellent choices), and push against the direction of the scar (perpendicular). Dr. Brook's office has a high-quality Vitamin and silicone scar gel. However, there are many over-the-counter products available at the pharmacy.

**Return to Work**

1. Most patients can return to work 1-2 weeks after the surgery. However, there is a significant amount of bruising around the eyes. Therefore, many patients who work with the public take more time off until the bruising has lessened. If you require a note for work, please let us know.

**EMERGENCY INFORMATION**

***If any of the below symptoms occur, please call our office, or go to your local emergency department:***

- Infection:** Redness increasing in size, increasing pain (worsens each day), foul discharge/puss, fever, or chills.
- Blood Clot:** Sudden shortness of breath, chest pain, pain in your calf or leg (can have swelling and/or redness).
- Bleeding:** One surgical site doubles or triples the size of the other and becomes firm and painful, or bleeding at incision that soaks your dressing in 1 hour or less.

**Contact Information:** If something urgent arises (infection, blood clot, excessive bleeding, or uncontrolled pain), you can contact our office at **403-487-0460** (M-F 9 am to 4 pm). **After office hours**, please present to your **nearest emergency department or call 811**. After-hours **emergency healthcare providers** may contact the emergency department at Medicine Hat Regional Hospital at 403-529-8053 to be connected to Dr. Brooks. **Please bring this form with you.**

***We must inform the College of Physicians and Surgeons of any patient hospitalized within ten days after having surgery in an outpatient surgery facility. If this happens to you, please let us know at 403-487-0460.***

**Follow-up Appointment: 7 Days** after your surgery, Dr. Brooks will want to see you again. Please book your appointment the day after your surgery to ensure you see him within the 7-day time frame. You can contact our office at **403-487-0460** (M-F 9 am to 4 pm).

**Caregiver Signature:** \_\_\_\_\_ **Witness Signature:** \_\_\_\_\_

**NOTE: CAREGIVER RESPONSIBILITIES:** *As a caregiver, you are responsible for being with the patient for 24 hours from the time they are discharged from the recovery room.*