

Richard A. D'Amico, M.D.  
180 North Dean Street Suite 3NE  
Englewood, NJ 07631  
201-567-9595

INSTRUCTIONS FOR HOME CARE AFTER BLEPHAROPLASTIES WITH  
FACELIFT

PRE-OPERATIVE INSTRUCTIONS:

**DO NOT APPLY ANY MAKE-UP ON OR AROUND THE EYES FOR THREE DAYS BEFORE YOUR PROCEDURE AND UNTIL YOU ARE CLEARED TO DO SO AFTER SURGERY BY Dr. D'Amico. Please remove make-up with J&J baby shampoo x 1week pre-op.**

*You will receive and need to fill the following **prescriptions** prior to your procedure.*

**Valium**, a relaxed patient just heals **faster**.

**Percocet**, to be used for severe pain only. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol for minor pain.

**Medrol Dose Pack**, a low dose steroid treatment to reduce facial swelling. Please open the pack and review the instructions. You will start this the morning after your procedure with breakfast, as instructed, and continue until the pack is empty.

**Zofran**, for nausea if needed, place under tongue.

**Ambien**, for sleep for the first couple nights

*You will also need from the pharmacy prior to your procedure...**Tylenol ES & 4x4 gauze.***

**Hypotears**: (artificial tears) You should apply 1-2 drops to each eye, every hour while awake, until otherwise instructed. **This is an over-the-counter product.**

**Lacrilube**: (lubricating eye ointment) You should apply ointment to the eyes before sleep at night or if you are planning to take a nap during the day. **This is an over-the-counter product.**

POST-OPERATIVE INSTRUCTIONS:

**DIET**: Start with fluids in a small amounts and work your way up to **drinking at least 1 gallon of fluid daily**. Cocoa-Cola, ginger ale, Gatorade, and tea are good things to drink. No DIET! Avoid citrus juices, dairy and coffee the first day post-op as they may cause nausea.

Start eating slowly with bland, easy to digest foods such as clear soups, toast with jelly, Jello, or crackers. **All foods should be relatively soft for the first week.**

**ACTIVITY**: You should **avoid any strenuous activities** including any activities that cause you to bend at the waist putting your head in a dependent position until otherwise instructed. You should **not do anything to strain your eyes** including reading and watching television.

**Getting up and moving around the house is encouraged but don't over-exert.**

**RESTING POSITION**: Your **head must be elevated on at least 3 pillows at all times** until further notice.

**DRESSING**: The head **dressing should be maintained** as is until you are seen in the office post-operatively.

**DRAINS:** You may or may not have drain(s) post-operatively. A drain is a thin tube with a bulb on the end. When compressed it creates a vacuum to suction fluid from the surgical site. The bulb will then collect the fluid. You will need to **empty the bulb every 8 hours** by removing the stopper located at the top of the bulb next to the tube. Record the amount of fluid in the bulb in relation to the numbers on the side of the bulb and empty contents into the sink or toilet. Re-compress the bulb, re-seat the stopper and re-pin the bulb to your dressing. **DO NOT DROP THE BULB AS IT COULD BECOME DISLODGED AND INEFFECTIVE.**

**COLD COMPRESSES:** **Cold compresses** should be applied to the eyes continuously until instructed to do otherwise. In a bowl place ice cube and ice water. Soak non-sterile 4x4 gauze in the cold solution, wring out excess fluid and apply to eyes. Compresses will need to be changed frequently during the first 48 hours as they will warm to room temperature quickly. **DO NOT USE ICE CUBES or GEL COLD PACK DIRECTLY ON THE EYELIDS.**

**SHOWERING:** **Do not shower or take a bath until you are instructed** to do so by Dr. D'Amico.

I acknowledge receipt of these instructions and have had all my questions answered.

\_\_\_\_\_ *Signature* \_\_\_\_\_ *Date*

\_\_\_\_\_ *Signature* \_\_\_\_\_ *Date*