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INSTRUCTIONS FOR HOME CARE AFTER BLEPHAROPLASTY

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 week 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.

Zofran, for nausea if needed, place under tongue.

You will also need from the pharmacy prior to your procedure...

Tylenol ES and non-sterile 4x4 gauze, as well as,

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:

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

ACTIVITY: You should **not do anything to strain your eyes** including reading and watching television.

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.**

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

Signature

Date

Signature

Date