



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Blepharoplasty Post-op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. You may shower in 24 hours. Pat incisions dry. If you have had upper eyelid surgery, you will have sutures in place.
3. Keep your head elevated on 2-3 pillows for one week to help decrease swelling.
4. Apply ice 20 min on and 20 min off for the first 3 days.
5. Expect moderate swelling and bruising for 1-2 weeks. **If you experience marked swelling, particularly on one side, contact Dr. Robbins.**
6. Plan to be from work 3-5 days depending on how much bruising is present. If you are in the public eye, you may wish to wait to return once swelling has resolved in 1-2 weeks. Return to light activity at one week. Normal activities can be resumed in 2 weeks.
7. You may experience mild to moderate pain for 3-4 days. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol.** These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.**
8. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
9. **If you experience severe pain, especially in one eye, contact Dr. Robbins**
10. Do not rub the eyes. Your eyes may feel dry or gritty. It is ok to use a saline eye drop to rinse the eyes as needed.
11. No makeup to the eyelids until released by Dr. Robbins. You can resume wearing contacts in 2-3 weeks as comfort permits.
12. The following side effects should be expected: temporary discomfort, tightness of the lids, swelling, bruising, temporary dryness, burning, itching, tearing, sensitivity to light, and mild blurred vision from the ointment placed in the eyes after surgery.
13. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
14. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.