



James A. Rieger, MD
316-652-9333

Post Operative Information for Blepharoplasty

The following information is intended for your well-being and will assist you during your recovery period. If you have any questions please do not hesitate to ask or call us at 316-652-9333 (there is an answering service 24 hour/day). For after hours, post-surgical concerns if you have left a message and have not received a call back within 30 minutes, you may call Kansas Medical Center at 316-300-4000 and have them contact me. If you are experiencing a medical emergency and need immediate medical attention please go to the nearest emergency room or if necessary dial 911.

Some reasons to call:

- Fever
- Pain not relieved by medication
- Severe pain or increasing discomfort
- Excessive or asymmetric swelling
- Redness, warmth, drainage, or odor from the incision site
- Bleeding that does not stop with gentle pressure
- Difficulty breathing, chest pain, or persistent dizziness
- If you have ANY questions or concerns regarding your condition or surgery

Following surgery, you will go to the post-anesthesia care unit to recover before leaving the facility. It is normal to feel lightheaded or weak after surgery. It is recommended to have someone assist you to and from your car, with your seat belt, dressing/undressing, in the bathroom, and getting in and out of bed. It is advisable that you have a responsible person stay with you for the first 24 hours following surgery.

A Note About Questions

Your healing journey is unique, and no two recoveries are exactly alike. If something worries you, please reach out to our office directly. We know your medical history and surgery details, and can give you advice that's safe and specific to you. Online forums and social media may offer general information, but they can also be confusing or misleading. We're here for you—day or night—so please call us anytime you have questions or concerns. **316-652-9333**

Avoid the risk of extreme swelling & post operative problems by avoiding the six "S's"

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|--------------------|-------------------------|
| 1) Straining | 4) Sunshine |
| 2) Stooping | 5) Smoking |
| 3) Sexual activity | 6) Strenuous activities |

We will see you for a follow-up appointment 1 week after your surgery. This is usually scheduled at your pre-op visit. If it wasn't, please call our office at 316-652-9333 to make the appointment.



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"DO"

- Have your prescriptions filled right away.
- Completely finish your antibiotics and use pain medication as needed, following directions.
- Gradually progress to a normal diet beginning with liquids and light foods (i.e., jello, crackers, soups).
- Resume taking any prior daily prescriptions, UNLESS they are on the list of medications to avoid.
- Begin walking slowly around your home as soon as possible to reduce the risk of blood clots.
- Start your antibiotics the afternoon you get home from surgery—take one dose in the afternoon and one before bed. Beginning the next day, take them four times a day: at breakfast, lunch, dinner, and before bed.

"DO NOT"

- Do not take responsibility for children or needy adults in the first 24–48 hours after surgery.
- Do not make any important decisions or sign important papers in the 24 hours following surgery or while taking pain medication.
- Do not drive, operate machinery, or use tools until it is specifically allowed (usually three days) OR if you are taking narcotics.
- Do not bend over, lift heavy objects, or engage in strenuous activity for at least three weeks.
- Do not sleep on until cleared by Dr. Rieger.
- Do not expose incisions to water (pools, hot tubs, baths) until you are instructed otherwise. Showers are permitted after dressing removal, unless told otherwise.

What to expect following surgery:

- Bleeding - Blood on the gauze pads, or oozing of blood is normal for the first two days following surgery.
- Bruising, puffiness or fullness around the eyes, mild incisional pain or discomfort, headache, and disrupted sleep are normal for the first week and are an expected part of the healing process. This will improve after the sutures are removed in clinic about one week following surgery.

Incision Care Instructions:

Good post-operative incision care on your part is essential to a successful outcome!

- Clean incision sites twice a day with water on a Q-tip and apply Bacitracin with a Q-tip twice a day for one week.
- Apply saline-soaked iced gauze first to eyelid and then cover with frozen packs of peas/ ice packs for the first 48 hours post-op.
- You may shower daily, beginning the day after surgery.
- Avoid makeup on the incision sites until 24 hours after the sutures are removed.
- Do not rub the eyes or wear contacts for a few weeks after surgery.