CHRYSALIS COSMETICS

Blepharoplasty Instructions

1. Keep your head elevated for a minimum of 1 week following surgery to keep swelling down.
2. No bending, lifting, or straining for two weeks. Then gradually increase your physical activity.
3. You may experience temporary discomfort/ swelling around the incision. Do not wear contact lenses for at least two weeks following surgery.
4. Use Artificial Tears (found over the counter) for a minimum of 4 times a day.
5. Apply night-time eye ointment (this will be given to you at your pre-op appointment) directly to the incision with a Q-tip fours time daily, and every night before bed. This ointment is found over the counter as well if you run out, any brand is fine.
6. If you have had lower eyelid surgery, Dr. Perry may prescribe a steroid drop. Use as directed.
7. You may use cold compress/ light weight ice packs over the eyelids for a maximum of 20 minutes at a time.
8. Take prescribed medications as directed to remain comfortable. Driving, operating machinery, consuming alcohol, or making important business decisions must be avoided for at least 5 days, while taking any narcotic pain medications.
9. Avoid taking Aspirin, Ibuprofen, Aleve, fish oils, vitamin E, Herbal supplements, etc. as these are blood thinning and may increase risk of bleeding post operatively for a minimum of 2 weeks after procedure.
10. Your eyes may feel fatigued easily, especially if straining to read or watch TV.
11. Nutrition: 1-2 capsules daily of vitamin C (500mg), Zinc (50mg), and Echinacea can significantly decrease post op swelling and speed healing with little to no scar.
12. Occasional swelling/bleeding into the white of the eye may occur; this may take four to six weeks to completely resolve.
13. Stitches will be removed at your one-week postop appointment.
14. If you have severe swelling, rash, increased bleeding, difficulty breathing, temp above 101, increased pain, please call the office at **(916) 273-7435**.

***If you have a life-threatening emergency, call 911.**

Patient Name (Print): _____ Date: _____

Patient Signature: _____

Witness Name (Print): _____

Witness Signature: _____ Date: _____

785 University Ave.
Sacramento, CA 95825
P: 916.273.7435

CHRYSALIS COSMETICS

Eye Wound Care Instructions

1. Wound care should be done every day until your 1-week post-op appointment. Keep the eyes and incisions lubricated.

2. Use a new Q-tip for each eye incision.

3. Apply prescribed antibiotic ointment twice daily on the incisions.

4. Before bed, use a Q-tip to apply nighttime eye ointment for 2 weeks. This ointment can also be used inside the eye itself to help with dry eye while swelling is present.

5. Use artificial tears for a minimum of 4 times a day to keep eyes lubricated.

6. If you were prescribed steroid eye drops, use as directed on pharmacy instructions.

7. Do not use anything else in the eye other than what was prescribed.

Patient Name (Print): _____ Date: _____

Patient Signature: _____

Witness Name (Print): _____

Witness Signature: _____ Date: _____

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