Bonnie J. Baldwin, M. D. Aesthetic and Reconstructive Surgery Office (713) 791-1975 Fax (713) 796-2583

BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

- 1. Use cold compresses or gel cold packs over eyelids for the first 24 to 48 hours post-op to minimize swelling and possible bruising.
- 2. Sleep with your head elevated about 45 degrees to prevent swelling. Lying flat or bending over will cause swelling and stress on the eyelid incisions.
- 3. Apply ophthalmic antibiotic ointment to eyes every 12 hours if it was dispensed in the recovery room or prescribed by Dr. Baldwin.
- 4. **NO** lifting, pushing or pulling for 7 to 10 days. This activity will cause swelling and stress on the eyelid incisions.
- 5. You will have small sutures in the eyelids. These are normally removed 5 to 7 days after surgery.
- 6. Take your medication as prescribed by Dr. Baldwin.
- 7. You may drive 5 to 7 days after surgery, or as soon as your vision permits and you **are not** taking pain medication.
- 8. You will be required to follow-up in the office after surgery to monitor your progress and to ensure the best result possible.
- 9. Please immediately call our office to report an elevation in temperature, sudden swelling or discoloration of an eye area, excessive bleeding or discharge from the incisions as well as any signs of possible infection.
- 10. We want your aesthetic surgery experience to be a positive one. Should you have further questions please contact our office. Office hours are Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. After hours calls will be answered by our service and will be returned by Dr. Baldwin or her associate.