

BEVERLY HILLS WELLNESS SURGERY CENTER, LLC
EYELID (BLEPHAROPLASTY) POST OPERATIVE INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery. Sleep with your head elevated for 2 days after surgery.
2. Early ambulation is important after surgery; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
 - Moderate discomfort - use pain medication as prescribed.
 - Moderate to significant swelling around eyes and cheeks.
 - Very noticeable amount of black and blue discoloration around eyes.
 - Reddened, blood shot eyes.
 - Moderate bleeding from wound edges, especially the first day.
 - Eye dryness - use Natural Tears eye drops to help soothe the eyes.
 - Sutures will be removed at 1 week, at which point makeup may be used on the incisions and face.
6. **You can shower 48 hours after surgery.**
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 1 week after surgery. After this, you can gradually increase your activity and return to full activities with no restrictions after 2 weeks.
8. Avoid direct sun exposure / tanning of the incision(s) for several months after surgery.
9. Do not drive a car until your physician has given you permission to do so.
10. Avoid smoking and alcohol for 2 weeks after surgery.
11. Contact our office at (310) 385-9623 if you experience any of the following:
 - Severe pain not responding to the pain medication.
 - Marked or severe swelling of one or both sides of the face / forehead, fevers, chills, or excessive bleeding.
 - Shortness of breath, chest pain.

Patient Signature

Date