

***Bahman Guyuron, MD, FACS***  
***Plastics and Reconstructive Surgery***

**440-461-7999**

**HOME INSTRUCTIONS FOR UPPER BLEPHAROPLASTY**

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- You will have an incision in the crease of the Upper eyelid; apply the ophthalmic prescription ointment to the eyelid crease twice daily and in each eye at bedtime. **Cover the eye at bedtime with SARAN WRAP** like an eye patch, this will create a seal to keep your eyes closed and lubricated throughout the night. Use the natural tears as often as needed throughout the day.
- Swelling and Bruising are expected. Your eyelids may even swell closed. The swelling usually peaks at 48 hours and will gradually decrease over the next 7-10 days.
- **If the swelling is causing a pressure-type pain to the eyeball, please contact our office immediately**
- **If at anytime you feel a sharp pain or sensation of a foreign body in the eye, please contact the office immediately**
- You may have food as tolerated, but avoid highly salty foods.
- You may wash your face with a washcloth except for the eye area.
- Avoid bending over for long periods of time.
- Sunglasses are recommended when outdoors.
- Avoid strenuous activity for three weeks post operatively.
- Slow walking is encouraged immediately after surgery.
- Rotate your ankles frequently while lying in bed.
- Do not wear clothing that pulls over the head.
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take this as prescribed. However, **please eat food immediately after taking the medication to minimize the chance for nausea or vomiting.**
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You will not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medications, please arrange for your transportation for the post operative appointments.

**REMINDERS:**

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding, discomfort unless you have been advised otherwise, Shortness of breath, temp over 100 degrees and redness and any pain or discomfort in your legs should be reported immediately.

**EMERGENCY NUMBER:**

For emergencies after normal office hours, please call the answering service at **440-461-7999**. Leave your name, phone number and the reason for your call. If there is not a response within 10 minutes, please call the number again.