Discharge Instructions – Blepharoplasty/Eyelid Surgery

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

WHAT TO EXPECT FOLLOWING SURGERY:
• **Bleeding** - Blood on the gauze pads, or oozing of blood is normal for the first two days following surgery. For flowing blood (like a faucet), contact the ENT Doctor on call as noted below.
• **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:
• Good post-operative incision care on your part is essential to a successful outcome!
• Instructions:
  • Clean incision sites twice a day with saline solution on a Q-tip and apply Ophthalmic Ointment 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.

ACTIVITY:
• Minimize your activities with only light activity for the first week following surgery.
  • Listen to your body! If you feel tired over the first few days, you should rest.
• **No stooping, straining or heavy lifting > 2 bags of groceries.**
• Sneeze with your mouth open.
• Sleeping with your head elevated (ideally), but if you’re unable to sleep, then you may lie flat.
• If you have been prescribed a CPAP machine, **DO NOT USE** until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

MEDICATIONS:
• Resume your home medications.
• Do not take any aspirin containing products or blood thinners (Goody’s, BC Powder, Ibuprofen, Aspirin) until told to by your surgeon.
• Do not take any intranasal medicines until told to by your surgeon.
• Pain:
  • **Mild to moderate pain**: Over the counter Tylenol (Acetaminophen) as per the instructions on the bottle.
  • **Severe pain**: Call the nurse for instructions; severe pain is unusual.
    • **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE.**
**DRIVING:**

- Do not drive within 24 hours of receiving anesthesia or taking pain medication.
- Do not drive if your vision is not normal.
- DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.

**DIET:**

- Resume a healthy, balanced, normal diet as you feel up to it.

**FOLLOW UP:**

- You will have important follow-up appointments; these will be scheduled for you (and provided to you before your surgery date).
- If you do not have an appointment please call the numbers below to schedule a visit.

**POST-OP APPOINTMENTS:**

- Dr. William Shockley call Phyllis at 919.843.3644
- Dr. Madison Clark call Carla at 984.974.2127

**CLINICAL APPOINTMENTS:**

- Dr. William Shockley call Sonia at 919.843.2749
- Dr. Madison Clark call Windy at 984.974.2255

**CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:**

- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the incisions

**For Immediate Assistance call:**

- Regular Hours - 984.974.3409 (Triage Nurse)
- After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)

**To leave a voicemail for your surgeon’s nurse call:**

- Dr. William Shockley - 984.974.3520 (Elaine)
- Dr. Madison Clark - 984.974.3633 (Amber)