



ELLIOT M. HIRSCH, MD
PLASTIC & RECONSTRUCTIVE SURGERY

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Blepharoplasty Post-Operative Instructions

Medications: Your greatest discomfort will be in the first 24-48 hours after your procedure. If you have pain, you should take your prescribed pain medication or Tylenol. After 48-72 hours, you can take Ibuprofen if desired. Take your pain medication with food to avoid nausea or stomach discomfort. Pain medication can be constipating, so be sure to eat fruits and vegetables. Drink plenty of fluids as well.

Dressings and Incision Care: For the first 48 hours after surgery, use icepacks on your incisions for 20 minutes at a time. Use artificial tears liberally throughout the first post operative week. You may shower as you normally would 24 hours after surgery and wash your incisions with soap and water, and pat dry. You may apply a thin layer of Vaseline to your incision line daily.

Activity: Make sure that you are up and walking and moving around the first night after surgery, this is very important! You will find that the more you move around, the better you feel. Please avoid strenuous activity or any lifting greater than 20 pounds until you are seen by Dr. Hirsch.

Diet: You may resume your regular diet

Special Instructions: _____

When to Call: A small to moderate amount of clear to light pink drainage from the incision is normal. However, if this drainage is dark, bloody, or foul smelling, please call Dr. Hirsch.

Please call Dr. Hirsch's office if you are experiencing any of the following:

- fever of 101 or higher
- severe pain not responsive to pain medications
- increasing swelling
- increasing redness
- changes in vision

If you have any other questions or concerns, feel free to call our office at any time: 818-825-8131.

Follow up: _____