



Upper Blepharoplasty and Ptosis Repair Post-Operative Instructions

Ice: Apply ice gently as much as possible while awake for the first 48 hours after surgery. A *light* ice pack is required. Frozen ketchup packets work well.

Heat: After 48 hours, stop icing and use *light* warm compresses (dry rice in a clean sock microwaved for approximately 30 seconds or until comfortable) at least 4 times a day for 5 minutes until the bruising/swelling resolves.

Head elevation: Keep your head elevated for the first two days following surgery if possible. Sleeping with two pillows under your head or in a recliner can help with swelling.

Medications: If applicable, you will receive specific instructions on when to restart prescription blood thinners from our office. Typically we send this information by text message.

Use the prescription eye drops as directed three times a day for 10 days

Use the prescription ophthalmic ointment on the sutures three times a day for 10 days, then, use the antibiotic ointment, Vaseline, or Aquaphor to keep the sutures moist in the evenings (.i.e. before bed).

Pain medication – take Extra Strength Tylenol (acetaminophen) as needed. Do not exceed the maximum dosage as outlined on the bottle.

Nausea medication (ondansetron) as needed.

Artificial Tears - use as needed if your eyes feel irritated. You may also use any prescribed ophthalmic ointment for eye irritation.

Restrictions: Avoid strenuous activity until day 11 after surgery. On day 11, you may resume exercise at 50% effort and slowly build back up. Avoid bending and lifting until day 11. Do not rub, pull, or press on the surgical site. Do not go swimming until day 11 after surgery. Incisions may get wet and you may shower but avoid direct pressure from the shower head. Do not drink alcohol until day 11 after surgery as alcohol can thin your blood and increase the bleeding risk. Do not wear makeup until day 11 after surgery. Do not wear contact lenses until day 15 after surgery.

Bleeding: The incision sites may ooze blood for the first several hours after surgery. If the incision sites start to ooze or bleed more than expected – sit upright, apply ice and pressure for 30 minutes. If the site continues to bleed despite ice and pressure or if you have concerns, call (919) 626-8783 and follow the prompts to reach Dr. Mettu urgently.

If you have any problems such as extreme pain, excessive bleeding, or blurred vision or have other concerns call (919) 626-8783 and follow the prompts to reach Dr. Mettu urgently. If you feel like you are having an emergency, dial 911.

Post Op Appointment (at our Office 4201 Lake Boone TRL STE 103 Raleigh, NC 27607):

Date	Time