



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Blepharoplasty

Apply cold compress, ice water soaked gauze or clean washcloth to eyes for 20 minutes every two hours for the first 24 hours following surgery, and thereafter as needed for mild swelling.

Place eye ointment on inside of lower eyelid before going to sleep or napping .Begin the day of surgery and continue for 1-2 weeks, until otherwise instructed. Do not pull down eyelid when applying ointment if lower eyelid surgery was performed.

Gently rinse eyes with eye saline solution (Artificial Tears) upon waking for the first 1-2 weeks, until otherwise instructed. While awake, moisturize eyes with saline or eye drops as needed.

Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated for approximately 1 week and on your back for approximately 1 month.

Avoid straining or any activity that causes a feeling of pressure in the face and eyes for two weeks. **No bending over.**

Avoid sun exposure as much as possible. Wear a hat and sunglasses when in direct sunlight.

Do not take any products containing **ibuprofen** (including Advil, Midol, etc.) in place of pain medicine for the first week.

Some bruising and swelling is normal, as well as a small amount of oozing along the incision lines.

Please notify us if you are experiencing extreme swelling or bleeding from the incisions.

Resuming social activities and returning to work, depends on the level of physical activity and public contact you require, as well as the swelling and bruising that may develop. The average patient goes back to work or social activities in 7 to 14 days.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Excessive bleeding or fluid seeping through the incisions**
- **Change in vision. If sudden loss of vision, go to nearest emergency room immediately**