

# THE FIRST GLANCE

## BLEPHAROPLASTY POST CARE INSTRUCTIONS

### Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start these 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

### First 12-24 hours after:

- You may shower after 12 hours
- Avoid operating a motor vehicle if you have had any sedation.
- Try to rest in a sitting position or with your head elevated on 2 or 3 pillows to help reduce swelling and bruising. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.
- You must apply cold compresses or a Ziplock bag containing frozen peas to your eyes for 10 minutes every hour you're awake, this will help reduce swelling and bruising.
- Use pain medication and eye medication as directed by your doctor.

**If you experience increased pain with rapid swelling in one eye/eyelid, especially if your vision changes in that eye, call your doctor immediately, or go to Misericordia Hospital for urgent eye care.**

### 24-72 hours after:

- Avoid straining, heavy lifting, or any activity that will raise your blood pressure.
- Wear comfortable, easy to slip on footwear and avoid bending down.
- Gently remove steri-strips **24-48 hours** after your surgery while in the shower
- You can apply a thin layer of antibiotic ointment (Fucidin) to any open incisions daily if directed by your doctor. You will need a Prescription for the ointment
- Walking, and non-strenuous activities may be resumed.
- You may use a non-drowsy antihistamine such as Reactine to help with itchiness associated with wound healing.

### 3-10 days after:

- Sutures may be removed. Avoid contact lens wearing until 2 weeks after surgery.
- Usually safe to wear make-up unless otherwise instructed by your doctor. Avoid applying make-up directly to incisions.

### 10-14 days after:

- You may resume more strenuous activities such as gym workouts after 14 days
- Some people may still require artificial tears or Lacri-lube for temporary "dry eye".

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## After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Visit [www.drislur.ca](http://www.drislur.ca) for more info