

THE FIRST GLANCE

After Blepharoplasty (Eyelid) Surgery

- Dr. Brichacek -

SUPPLIES TO HAVE AT HOME:

- Your prescription medications (you may receive your prescription prior to surgery or day of surgery)
- Stool softeners (ie. Restorolax/Lax-a-Day/Senokot). ****Start if no BM for 2 days****
- Reactine (anti-histamine to help with itchiness associated with medications or wound healing)
- Refresh Tears and Lacri-lube ointment for dry eyes/irritation (Tears for daytime; Lacrilube for night)

Prior to your surgery:

Arnica Montana is an 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.

Controlling Swelling and Bruising After Surgery:

To help improve swelling and bruising around the eyes, use cold gel packs or a Ziploc bag containing frozen peas applied to your eyes for 10 minutes every hour that you're awake to help reduce swelling and bruising. If you had fat injections, DO NOT APPLY ICE TO THESE AREAS.

The use of "*Lid Lift Goggles*" may have been recommended to you in order to help control swelling and bruising around the eyes. If these were suggested for you, a separate instruction sheet will be provided on how to use these. Do NOT use ice packs with the goggles as it will make the goggles less effective.

First 12-24 hours after:

- Avoid operating a motor vehicle if you have had any sedation.
- Try to rest in a sitting position or with your head elevated to help reduce swelling and bruising. Place a single couch cushion under head of bed, sleep with 1-2 pillows, or you may also sleep in a recliner. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.
- Use pain medication and eye medication as directed by your doctor. You may shower after 12 hours, but DO NOT get your eyes wet.

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.
- If Steri-strips (sterile pieces of tape along incision) are present, do not remove.
- If eyes feel irritated or tearing, use REFRESH TEARS as needed during the day. If eyes feel irritated in the mornings, use LACRI-LUBE OINTMENT before sleep

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- If an external incision was made, you will also be prescribed Fucidin viscous eye drops. Do not put these in your eye, but instead use this as an ointment for the incisions on the eyelid. It is best to apply this using the back of a Q-tip or using a toothpick.
- Walking, and non-strenuous activities may be resumed
- You may use a non-drowsy anti-histamine such as Reactine to help with itchiness associated with wound healing
- If you have had upper eyelid surgery, you may shower and get eyes wet after 48 hours. Make sure that you let the water rinse off the ointment on your eyelids very well, as otherwise it will build up and cause a crust. This can become itchy, and it will make it very difficult to remove your sutures. Pat dry. DO NOT rub. - If you have had lower eyelid surgery and have a small external dressing next to your nose, do NOT get this wet until after you see Dr. Brichacek back in one week.

5-7 days after:

- Sutures will be removed in 5 to 7 days. Sutures cannot be left in longer than this as they can leave marks.
- 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.

14 days after:

- You may resume more strenuous activities such as gym workouts after 14 days. Any heavy lifting or straining should be avoided for 21 days.
- Some people may still require artificial tears or Lacri-lube for temporary “dry eye”.

Do not bend with your head lower than heart level, this will increase potential swelling/bleeding. When putting on shoes/socks bring your foot up to reach it. When picking something up from the ground, bend at the knees to pick it up.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

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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 on weekends or an emergency, please call or text Dr. Brichacek at (204) 898-9933

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

In case of emergency please call Dr. Brichacek at 204-898-9933