

# LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

994 W Jericho Tpke Suite 102  
Smithtown NY 11787  
631-864-4111 drlandsman.com

## Post Operative Instructions

### Procedure: Blepharoplasty

1. You must spend the first evening following your surgery with an adult.
2. Post operative pain should be mild to moderate. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea. If your pain should become **severe, particularly in one eye**, please contact the doctor **immediately**.
3. Pain medication can cause constipation. Please take a mild stool softener such as Colace once in the morning and once at night while on pain medication.
4. Drink plenty of water. Water will help flush out the residual anesthesia, as well as reduce swelling and constipation.
5. Keep your head elevated on two to three pillows for the first two days postoperatively.
6. Place ice cubes in a bowl, and fill it half way with tap water. Take gauze pads and saturate them in the ice cold water. Apply the gauze pads to both eyes continuously for the first 48 hours following surgery. Change the pads regularly to maintain the cooling effect.
7. If you should experience **significant pain or swelling on one side greater than the other, or if you should have any changes in your vision, please contact the doctor immediately**.
8. Bruising after surgery is expected and should resolve within two to three weeks following surgery.
9. It is common to experience dry eyes following eyelid surgery, please use natural tears, 2-3 drops in each eye every 3-4 hours for the first two weeks following your surgery.
10. It is also common to experience some opening of your eyes, particularly when asleep. This will resolve as the swelling subsides and the eyelids loosen up as part of the natural healing process. Be sure to continue to use the natural tears until full eye closure is achieved.
11. You may bathe on the day after surgery. You may blot the suture lines carefully with gauze pads.
12. Your first postoperative visit will be on \_\_\_\_\_
13. If you should have any questions or have any problems, please call the office immediately at **631-864-4111**, and the doctor will return your call as soon as possible. **DO NOT USE EMAIL FOR EMERGENCIES.**

