

Fred H. Siegel, M.D. P.C.
Plastic and Reconstructive Surgery

Blepharoplasty Instructions:

GENERAL INSTRUCTIONS:

1. No alcoholic beverages for 24 hours.
2. No driving, operating equipment or machinery for 24 hours.
3. Do not sign any important documents for 24 hours
4. Do not stay alone. You will be sleepy and need a responsible person with you for 24 hours
5. Rest at home for 24 hours
6. Start with clear liquids and advance your Dr's ordered diet; for example after liquids, try soup and cracker, then a regular diet for supper.
7. Do not take pain medication or antibiotics on an empty stomach. Eat something like crackers before taking medications.
8. Take _____ for pain.

SPECIAL INSTRUCTIONS:

1. It is normal to experience some oozing at sutures. If this occurs, hold light pressure with gauze and keep head elevated for 5 to 10 minutes.
2. Avoid strenuous activity, lifting, bending or straining for two weeks. These can cause swelling and/or bleeding.
3. Sleep on 2 pillows for approximately two weeks. This will help decrease swelling and soreness. You may sleep on your side, but stay elevated so that your head is higher than your heart.
4. Apply ophthalmic ointment to lid stitches 2 times per day.
5. Wear swiss eye mask while awake for the first 24 hours, on and off at ten minute intervals. Store mask in iced water while not wearing.

POST-OPERATIVE PHONE CALL:

Dr. Siegel will call you in the evening after your surgery. A representative from Dr. Siegel's office will also call you the day after your surgery. Do not be alarmed. This is a routine call to see how you are doing at home.

PLEASE REMEMBER:

A certain amount of nausea and occasional vomiting is normal. If it persists notify Dr. Siegel. Approximately once a hour, take a deep breath, hold it for a second, then blow it all the way out. Watch for heavy or prolonged bleeding. If present notify Dr. Siegel. Watch for signs of infection; fever, increased pain, foul drainage. If present notify Dr. Siegel.

**Dr. Siegel can be reached 24 hours a day by calling
(757) 547-2115**

You are to see Dr. Siegel _____

Care of Surgical Area Instructions: _____

Post-Op Call: _____

Date/ Time Patient/Caregiver

Date Discharge Nurse