

**POST OPERATIVE CARE**  
**BLEPHAROPLASTY**

**MEDICATIONS:**

- Allergies: \_\_\_\_\_
- \_\_\_\_\_: Take \_\_\_\_\_ every \_\_\_\_\_ hours if needed for pain. Substitute Tylenol for mild pain. Avoid aspirin and Ibuprofen products. Do not drive or drink while using this medication.
- \_\_\_\_\_: Take one \_\_\_\_\_ times daily for \_\_\_\_\_ days.
- Place ophthalmic ointment on your suture lines.
- Other: \_\_\_\_\_

**INSTRUCTIONS:**

- When you get home, call Dr. Hoffman's office to schedule a follow-up appointment on \_\_\_\_\_.
- Ice packs to face 20 minutes at a time four times a day over the first 2-3 days
  - Swelling and bruising can occur 2-3 days after procedure
- Keep head elevated (including while sleeping)
- No straining, lifting, or bending for 1-2 weeks
- No aspirin or ibuprofen for 10 days
- No contact lenses for 1 week
- No eye make-up until your stitches are removed and your scabs are gone
- Avoid exposure to sun, use sunscreen and hat
- You may drive when you have been off of pain medications and you feel comfortable
- You may resume light activity in 1 week, and more strenuous activity after 2 weeks
- Please call the office at (610) 896-6666 if you experience unusual pain, redness, swelling, bruising, bleeding or a sustained fever.

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient/Family Member Signature

\_\_\_\_\_  
Date