

DR. WENIGER'S BLEPHAROPLASTY POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection. Any significant increase in swelling or bruising on one side of the face, firmness, or increased pain not controlled by medication can be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately.

DO:

- Keep head elevated at all times to prevent hematoma and while sleeping to help swelling for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Use cool compresses/iced gauze on eyes every 30 minutes for 3 days.
- Keep ophthalmic ointment on eyelid incisions at least 4 times daily. Keep incisions moist at all times. If ointment comes off with ice, reapply immediately.

DO NOT:

- **Bend over, lean, squat, or plie. Do not lift your foot up to you to put on socks and shoes.**
- Drive until instructed to do so by Dr. Weniger. No patient may drive while on narcotics or while vision is impaired by swelling or ointment.
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may cause bleeding). All activities may be resumed after 6 weeks.
- Wet incisions until instructed to do so by Dr. Weniger.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.
- Attempt to wash hair until instructed by Dr. Weniger.

Your Follow-up appointment is: _____

Instructions understood and copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123.