



BLEPHAROPLASTY CARE INSTRUCTIONS

These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.

WHAT TO EXPECT AFTER SURGERY	
HOSPITAL STAY	A Blepharoplasty operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
HOSPITAL RECOVERY & DISCHARGE	After your surgery you will wake in recovery. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive). <i>PLEASE NOTE: You may feel well enough to drive but won't be covered by your insurance if you do so.</i>
PAIN RELIEF	You will be given a script for pain medication to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
WOUND CARE	You will also be given a topical antibiotic ointment, Chlorsig, which is to be applied over your suture line each morning and night until 2 – 3 weeks.
HEALING	Expect temporary swelling of the eyelids, bruising, burning and itching of the eyes. Maximum discomfort should occur in the first few days and then subside each day thereafter. Your recovery is subject to your response to the healing process and is different for everyone.
SUTURES	You will have a number of sutures. These may be located above and/or below your eyes. If you have had lower Blepharoplasty surgery the sutures will be dissolvable however upper Blepharoplasty the sutures will need to be removed approx. day 5 post surgery.
POST OP APPOINTMENT	All future nursing appointments will be booked in advance and prior to your procedure. This will be given to you when you leave hospital (see Post Op appointment information in full on page 2).

**WHAT TO EXPECT AFTER SURGERY CONTINUED**

HOME CARE	Apply cold compresses intermittently; such as ice-cold gauze or a bag of frozen peas in a cloth, as much as possible in the first 48 hours post surgery.
	Keep all sutured areas clean by showering (and washing hair) as normal. Ensure the areas are pat dry and the topical antibiotic is applied to the suture lines daily
	You may experience a slight temporary drying of the eyes. If so use lubricating eye drops to prevent the eyes drying out.

WEEKS FOLLOWING SURGERY

GCPS POST OP APPOINTMENTS	The standard review appointments following an Blepharoplasty are as follows:
	1. Approximately 5 days post surgery you will be reviewed by our nurse. During this visit your upper sutures will be removed and/or trimmed / lower sutures will dissolve.
	2. Approximately 6-week post-surgery at your review with Dr Doyle and our nurse you will be given a sample of Strataderm for further scar care.
	3. All appointments following this vary slightly between patients. However review appointments are quite common approximately 3 months and 6 months post surgery. During one of these visits, you will have photographs taken you're your medical records.

WEEKS FOLLOWING SURGERY CONTINUED

SCAR CARE	<p>Once you cease using Chlorsig, you may commence using a topical scar treatment for further scar healing, Dr Doyle recommends Strataderm.</p> <ul style="list-style-type: none">• STRATADERM - Commence using approximately 6-weeks post-surgery, you will be given a sample to use until completed.<ul style="list-style-type: none">○ Follow manufacturer's directions of use. It is recommended as a minimum treatment to continue daily applications for 60 – 90 days until satisfied and no further improvement is seen.○ Once your sample has been used this product may be repurchased from our friendly reception team.
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GOLD COAST

Plastic Surgery

HOME CARE	Approximately 2 to 3 weeks post-surgery you may apply make-up to the area and can cease using Chlorsig unless otherwise advised.
	For comfort and reduced swelling sleep with your head slightly raised on 1 to 2 pillows for as long as swelling persists
	If you have had your lower Blepharoplasties operated on, massage your skin below your eyes in an upward direction to prevent tightening of scar tissue that can cause your eyelids to pull down. This will have been shown to you prior to surgery.

RETURNING TO DAILY ACTIVITIES

EXERCISE / ACTIVITY	Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. No bending, lifting over or straining during this time. Most patients may resume light exercise 3 to 4 weeks after surgery.
	Strenuous exercise is restricted for 6 - 8 weeks as it may cause increased swelling, bleeding, which may lead to disruption of the healing process. These include activities such as upper body weight training, push-ups and running.
SWIMMING & SUN EXPOSURE	Your scars will be reddened for about six months, then should start to fade and soften. Avoid exposing scars to the sun. If the sun is unavoidable, always apply sunscreen.
	No ocean water or pool water for 3 weeks post surgery or until your wounds are fully healed.
DRIVING	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you to refrain from driving until you are able to operate your car in a safe manner and when you are no longer taking any narcotic medications.

CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.