

AESTHETIC SURGERY  
Rosemont Business Campus  
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## POST OPERATIVE CARE BLEPHAROPLASTY

### Post op care:

- Ice packs to face 24-48 hours **\*Do not exceed 20 min on/20 min off**
- Ok to shower 24 hours after surgery. Try to avoid getting steri-strips wet
- Keep head elevated on a pillow including while sleeping
- No straining, lifting, or bending for 1-2 weeks
- No contact lenses for 1 week
- No eye make-up until advised by Dr. Lohner
- Avoid exposure to sun, use sunblock and hat
- Take pain medication, antibiotic, and other prescribed medicines as directed
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Do not smoke—smoking delays healing and affects circulation
- Rest – can resume most activities in 2 weeks
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- **If you had upper lids done:**  
**\*\* Do not cut or disrupt blue suture on bridge of nose. This will be removed on your post operative office visit.**

### What to expect:

- Swelling and bruising can occur 48-72 hours post op.
- Moderate discomfort – take pain medication as needed
- Blurred vision, photosensitivity, tearing, or dryness may occur. Use dark glasses and lubricating eye ointment as needed

**Follow-up:** Follow up appointment post operatively or as directed

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS  
OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Swelling:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_ **please call office to  
arrange follow up appointment 610-519-0600**