

Robert Louton, MD

BLAIR PLASTIC SURGERY

BLEPHAROPLASTY – FACT SHEET

1. DO NOT sunburn or suntan surgical area one month prior to procedure.
2. Do not wear mascara or contacts for your pre-op appointment and surgery date.
3. Keep head elevated at all times. Sleep in recliner or with head elevated using 3-4 pillows. This will help reduce swelling and discomfort.
4. If bleeding occurs, hold **gentle** pressure over the site for 5 minutes. If bleeding persists, notify Dr. Louton.
5. Take acetaminophen (Tylenol) every 4 hours as needed for pain or the prescribed pain medication. Use Lacrilube or a generic ophthalmic lubricant if necessary.
6. You will have sutures in place with a piece of brown tape over the incision site.
7. Keep surgery site clean and dry. Do not get paper tape wet or it will fall off. For upper lids, a black suture is under the tape. If exposed, do not pull. Lower lids have absorbable sutures.
8. Do not wear contacts for 2 weeks post-op if having lower eyelid blepharoplasty done.
9. No lifting or exertion for 2 weeks.
10. You may begin gentle walking 1 mile a day after 2 weeks.
11. No exercise for 1 month.
12. Keep appointment as scheduled with our office so we can monitor your progress.
13. Immediately report any narrowing or tunnel vision.

Signs of Infection

- a. If wound becomes red, swollen, tender or hot to touch.
- b. If red streaks are seen coming from the operative area.
- c. If you develop a fever.
- d. If the wound breaks open or being draining.
- e. If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problem day or night at (814) 949-7280.