



Robert Louton, MD

BLAIR PLASTIC SURGERY

TARSAL WEDGE RESECTION – 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.
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.