

# Plastic Surgery of Texas

## Ben J. Tittle, M.D.

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### Post-operative Instructions for Blepharoplasty

The following list is a guideline of instructions for post operative care. We will go over all of these at your pre-operative visit, and any special instructions you may need as each patient and surgery is unique. Please, always ask if you have any questions.

1. Make sure that you eat something before taking any of your medications to avoid an upset stomach. You may also want to take some stool softeners as the anesthesia and pain medication can cause constipation.
2. It is important that you keep your head elevated when resting or sleeping for the first 5-7 days. This will help minimize swelling and bruising. You should also have a few bags of frozen peas on hand; these are great for use as ice packs because they are light, reusable and nestle into the grooves of your eyes.
3. You will have some very small nylon sutures that will be removed at your post-operative visit. There will also be a few dissolvable sutures that will fall out a few days after surgery.
4. There is very little pain with this surgery, but we ask that you do not lift anything over a gallon of milk or do anything strenuous for 2 weeks.
5. We ask that you refrain from any exercise or work-out regimen for 2 weeks. You can walk around and do activities of daily living, but please do not do anything that will raise your heart rate for an extended period of time. You will be able to resume exercise after the 2 week post-op period is over, listen to your body and start out slowly with a gradual increase back to your normal regimen.
6. You will have multiple follow-up office visits. These are so that Dr. Tittle can monitor your progress and so that you will be able to ask any questions you may have through out the recovery process. If you ever have any concerns or questions please call the office we are happy to assist you in any way.