



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

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***BLEPHAROPLASTY POST-OP INSTRUCTIONS***

1. No alcohol should be consumed for 72 hours following surgery, no aspirin or aspirin or aspirin containing medication should be taken for two weeks following surgery. You have already been given a pain medication that you can as directed.
2. It is very important that you continue taking your antibiotic if prescribed, until the medication is completely gone.
3. Watch for any significant or alarming swelling, redness, bleeding or bruising to either surgical sites. Also note any pain that is out of the range of expected discomfort. If this occurs, contact us **immediately** through the office phone number at any time day or night.
4. During your first postoperative night it is advised that you sleep either in a recliner or on three pillows. This will help reduce swelling and soreness. It is very important that someone be with you, as you should remain as still as possible.
5. You should continue to keep your eye mask over your eyes, for the next 24 hours. The mask helps reduce swelling and soothes. Be sure to keep it cold throughout the night as instructed.
6. "Hypo Tears" or "Lacri-Lube may be recommended. These are both over the counter items to help keep your eyes moist.
7. You may resume your postoperative medications immediately following surgery, unless of course they contain aspirin or the like.
8. Activity should be limited in the early postoperative period, avoid straining and use good body mechanics, keeping your head above your heart at all times.
9. Keep any makeup well away from your incision line. You will be advised when you can safely use eye makeup again.

**If you have any questions or concerns, please do not hesitate to contact the office through the office phone, day or night. 480-614-3535**

***Your follow up appointment:***

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