

## POST-SURGICAL RECOMMENDATIONS FOR BLEPHAROPLASTY

**Process:** Care and Treatment | **Code:** CT-FO-145 | **Version:** 03 | **Approval Date:** May 19, 2016

### GENERAL CARE

- Place cold compresses over the eyes during the first 3 days to prevent further swelling, applying them every 15 minutes followed by 1 hour of rest.
- After the first 3 days, apply warm water compresses.
- Do not remove the Micropore tape; these will be removed by your treating doctor on the day of your follow-up appointment.
- Lubricate the eye with the ointment or drops prescribed by your doctor.

### WOUND CARE

- Monitor the area to ensure the sutures do not come undone.
- Ensure there is no excessive bleeding.

### DIETARY CARE

- Avoid dairy products and carbonated beverages (sodas) during the first day.
- Maintain a normal diet.

### MEDICATIONS AND CARE

- Do not take any medications that have not been prescribed by your treating doctor.
- Do not take NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) to prevent bleeding.

### DO NOT BE ALARMED

- If you experience edema (swelling) around the eyes.
- If you experience bruising (morados).
- If your eyes become irritated (dry eyes).
- If you experience blurry vision.

## WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Excessive edema (swelling).
- If the suture knots come undone.
- If you experience vision difficulties days after the surgery.

**YOUR SAFETY IS VERY IMPORTANT TO US** If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **[seguridad.paciente@clinicaorlant.com](mailto:seguridad.paciente@clinicaorlant.com)** to receive further instructions.

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