



**OTOLARYNGOLOGY - HEAD & NECK SURGERY
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY**

Robert F. Thompson, M.D., F.A.C.S.

Board Certified, Otolaryngology

Mark S. Walton, M.D., F.A.C.S.

Board Certified, Otolaryngology

Steven F. Ellis, M.D., F.A.C.S.

Board Certified, Otolaryngology

Mitchell J. Challis, M.D., F.A.C.S.

Board Certified, Otolaryngology

Carson T. Williams, M.D.

Board Certified, Otolaryngology

Richard B. Price, M.D.

Board Certified, Otolaryngology

CLINICAL AUDIOLOGISTS

Carissa R. Allen, Au.D., CCC-A

Shirin Sattarin, Au.D., CCC-A

SPEECH PATHOLOGY

Peggy O'Reagan-Salva, M.A., CCC-SLP

BLEPHAROPLASTY POSTOPERATIVE INSTRUCTIONS

CARSON WILLIAMS, MD

You have undergone the procedure BLEPHAROPLASTY in which your upper and/or lower eyelids were operated on to change the way they look or function. After your surgery has ended, you will be taken to the post-anesthesia care unit and given time to recover under the watchful eye of anesthesia doctors and nurses. Here, once you're awake, you'll be allowed to drink clear liquids and have something small to eat, if you choose. You will likely have some mild to moderate eyelid swelling, mild oozing from the incisions and possibly some blurry vision; this is normal. You may also have some ointment in your eyes or on the incisions near your eyes to help with lubrication and healing.

THINGS TO EXPECT

PAIN: Postoperative pain is an unavoidable reality, however there are many ways your surgeon and you can minimize that discomfort. First, it is likely your pain will be fairly low or non-existent in the recovery room. This is because of numbing medication that has not yet worn off. An increase in pain within the first minutes to hours after surgery is expected. If indicated, your surgeon will provide you a prescription for a strong pain reliever. It is imperative to take this medication only as directed because it can cause serious complications if misused. These strong pain relievers typically are taken every 4-6 hours as needed for pain. PLEASE DO NOT TAKE THEM MORE OFTEN, OR IN HIGHER DOSES, THAN DIRECTED. After the first few days, typically nothing more than a few Extra Strength Tylenol is needed for pain. Please DO NOT take medications like Ibuprofen, Motrin, Aleve, Aspirin, or other NSAIDs as these all increase the risk of postoperative bleeding and bruising. Using ice packs on your cheeks, eyes and softly draped over the nose can decrease pain, swelling and bruising. Elevating your head when lying down decreases pain, swelling and the throbbing sensation typical of postoperative pain. If your pain is not controllable after taking these measures outlined above, please call your doctor to receive further instruction.

BRUISING/SWELLING: The eyelids, especially the lower eyelids, are prone to some postoperative swelling and sometimes bruising. While resolution of the bruising follows a predictable course (usually 7-10 days) the swelling of the lower eyelids and upper cheeks can persist for many weeks. The best ways to reduce and resolve swelling and bruising are: starting immediately after surgery keep ice cold gauze over your eyes and upper cheeks around the clock as much as possible the first 72 hours after surgery, elevate your head when resting, no straining, limit salt intake and use all medications and ointments as directed. The natural supplement Arnica Montana has shown some benefit for reducing bruising and may be taken if you wish.

BLEEDING: Some mild bleeding the first few days after surgery is expected and normal. If the bleeding is unrelieved after 30 minutes of holding light pressure please call your surgeon.

FEVER: A mild fever postoperatively is normal. This is your body's response to the surgery and is an important part of the healing process. This should be controlled with some Tylenol. However, if your temperature goes above 101.5°F, take an extra dose of Tylenol and retest the temperature after 4 hours. If it remains above 101.5°F (38.6°C) please contact your surgeon for instruction.

NAUSEA/VOMITING: Nausea with or without vomiting is common after general anesthesia. If this occurs ensure good hydration, eat bland foods and if it does not stop after 24 hours please contact your surgeon.

THINGS TO DO

INCISION CARE: Your eyelid incisions are going to need some care daily. On the first day after surgery please begin to clean the incisions with hydrogen peroxide or baby soap and water to loosen and remove scabs followed by liberal application of the antibiotic ointment prescribed three times per day.

DIET: Most importantly, you must stay very well hydrated after surgery. This helps with decreasing pain and supports your body as you heal. You may eat whatever is appealing to you, but limiting your salt to less than 2000mg/day will help to avoid additional swelling. Please do not drink alcoholic beverages while using the strong pain medication or high doses of Tylenol.

BATHING: Starting the day after surgery, it's advised to shower daily if you feel up to it. Showering only, please no soaking in a bathtub or hot tub. It is OK to wash your hair letting the water go over your face. Washing your face in the shower is fine but may be better accomplished in the sink.

ACTIVITY: While you have just had invasive surgery, you should not remain sedentary during your recovery. Please refrain from anything strenuous, no squatting down, no bending to 90 degrees at the waist and no lifting over 10 pounds. You should rest with your head elevated. Please get up and move around or take a slow walk each day for the first week. After being seen for the first postoperative visit, your surgeon will direct the level of activity after that.

MEDICATIONS: Take any prescribed medications as directed. If you take any blood thinning medication, please refrain until your first postoperative unless specifically instructed by your surgeon. Medications and supplements to avoid include, but are not limited to: Aspirin, Ibuprofen, Motrin, Aleve, Warfarin/Coumadin, Xarelto, Eliquis, Lovenox, Garlic, Ginkgo, and Ginger. If you are curious whether a medication you take is OK to continue please ask your surgeon.

DANGER SIGNS THAT MUST PROMPT A CALL TO YOUR SURGEON

1. Any acute change in level of alertness or activity (extreme lethargy, slurring of speech, etc)
2. Temperature >101.5°F
3. Any active bleeding that does not respond to Afrin and elapsed time of 30 minutes
4. Continuous nausea lasting >24 hours or refusal to take fluids
5. Eye pain or acute change in vision (double vision, loss of vision), especially when accompanied by significant bleeding, bruising or swelling around the eyes

FOLLOW UP APPOINTMENTS

1 WEEK: At this appointment your surgeon will examine your eyes and lids and evaluate how it's healing from surgery. Sutures will be removed at this time.

1 MONTH/3 MONTHS/1 YEAR: Additional follow up appointments are needed for blepharoplasty patients because the healing process takes about a full year to be complete. Postoperative photographs will definitely occur at the 3 month and 1 year visits, but depending on your healing status additional photos may be taken along the way.

IMPORTANT CONTACT INFORMATION

OFFICE

5370 College Blvd, Suite 100

Overland Park, KS 66211

913-599-4800

www.hnskc.com

SURGEON

Carson Williams, MD

913-599-4800

cwilliams@hnskc.com