

A NEW FACE<sup>SM</sup>: Facial Plastic Surgery  
Raymond Howard, M.D.  
107 John Maddox Drive, NW  
Rome, GA 30165  
Tel. #706-844-2871  
www.anewface.net

**POST-OP INSTRUCTIONS – Blepharoplasty**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*After Surgery:*

- Apply ice packs for up to 48 hours (on 30 minutes, off 30 minutes) – the more the better. Discontinue after 48 hours. You may substitute bags of frozen peas for ice if this is easier. You may also order a Swiss therapy eye mask at 1-800-525-7752 if you prefer.
- Sleep with your head elevated approximately 35 degrees until the swelling resolves (usually 3-4 days). If swelling persists after this, you may continue elevating the head as much as necessary.
- Clean the incisions around your eyes gently by patting them with a Q-tip soaked in peroxide, then apply Lacrilube ophthalmic ointment to keep the incisions moist. You will need to do this at least 4-6 times a day. Avoid getting the peroxide directly in the eyes. Lacrilube ointment may be purchased over the counter at any pharmacy. The cleaning and ointment should be used approximately one week or until there is no more crusting.
- Artificial tears are recommended to irrigate and clean the eyes. Please use as directed.
- In some cases, self-dissolving sutures are used and are not necessary to remove. The cleaning and ointment will help the sutures dissolve. If non-dissolving sutures are used, a follow-up appointment will be scheduled for suture removal – usually 3 to 5 days after surgery.
- We will contact you the night of surgery to make sure everything is going well and to answer any questions. Make sure your phone is left on for our call. If you have any questions or concerns following your surgery, do not hesitate to call the office. If it is after hours, call 888-993-4918. The answering service will contact the physician on call and have him contact you.

*The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.*

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Date**