



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Blepharoplasty Post Op Instructions

Mayberry Plastic Surgery
7115 Prospect PI NE
Albuquerque, NM 87110

Contact
(505) 888 3844
www.mayberryplasticsurgery.com/



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Your Follow Up Appointment is: _____

Instructions:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Take a stool softener such as peri-colace.
- Take medication as prescribed.
- Do not take aspirin or any products containing aspirin until approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Sleep with your head elevated 45 degrees for several days to minimize swelling.

Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- You can read or watch television after 2-3 days.
- You can return to work 10-14 days after surgery.

Incision Care:

- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable use sunscreen with SPF 30 or greater.
- Keep the steri-strips in place until instructed by Dr. Mayberry.
- Keep the incisions clean and inspect it daily for signs of infection.
- Do not use well water to clean your incisions, use bottled water only.
- Use cold compresses for the first 24 hours for comfort and to reduce swelling and bruising.
- Wait at least two weeks before wearing contact lenses.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.



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What to Expect:

- You may experience temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of the eyes.
- Maximum discomfort will occur the first few days, improving each day.
- Dr. Mayberry will prescribe an Ophthalmic Ointment as part of your post operative care.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

Appearance:

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or longer.
- Tiny whiteheads may appear after stitches are taken out; these can be removed by Dr. Mayberry.
- Facial makeup can cover up bruising after the sutures are removed.

Follow Up Care:

- Sutures will be removed in 5-7 days.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Increased swelling or bruising
- If swelling and redness persists after a few days
- If you have increased redness along the incision
- Side effects to medications such as; rash, nausea, headache, vomiting
- Pain not relieved with pain medication
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor
- Have loss of feeling or motion

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844 or 505.857.3933

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____