

Blepharoplasty / Ptosis     Ectropion     Entropion  
DISCHARGE INSTRUCTIONS

**ACTIVITY**

- Do not drive or operate machinery for 24 hours.
- We recommend a responsible adult be with you for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for 24 hours.
- It is advised you rest today, however you may watch television, read and pursue light activity as tolerated.
- Do not stoop over with your head below the level of your heart for 24 hours.
- No heavy lifting (25 lbs) or straining for 24 hours and do not engage in strenuous activity for 7 days.
- We recommend that you do not make any legal decisions for 24 hours.
- Please change positions slowly to avoid dizziness or nausea.

**DIET**    You may resume a regular diet immediately.

**DRESSINGS & COMPRESSES**

- Apply ointment to the affected area after cleaning. Keeping the area constantly moist will promote healing and yield a better cosmetic result.
- Start after the dressing is removed (or right after surgery if no dressing). Create a cool compress by dipping a wash cloth in a bowl of ice water. Apply the cold compress to the area for 5-10 minutes, and repeat this every 15 minutes. You may use frozen peas/corn in a small plastic bag in place of a cloth in ice water. Continue cool compresses for 2 days, and then switch to warm compresses (just slightly hotter than body temperature). Apply the warm compresses for 5-10 minutes at least 3-4 times a day until the swelling and/or bruising has resolved.
- Please use ¼" strip of ophthalmic ointment on the inner lower lid to help moisten the eye at bedtime for the first three nights.
- You may bathe or shower starting the day after surgery. Please do not let water spray directly on the operated area, and maintain a moderate temperature.

**MEDICATIONS**

- You may resume your daily prescription medications schedule immediately except;
  - Tomorrow you may resume all vitamins, non steroidal, herbal supplements and blood thinners that were stopped prior to surgery.
- For mild pain please take Tylenol every four hours as needed. Avoid aspirin or ibuprofen products, which increase the risk of bleeding and bruising.
- For moderate pain use the medications prescribed for you.
- For severe pain not controlled by the above instructions call your surgeon.
- Apply \_\_\_\_\_ ointment to the sutures / wound \_\_\_\_\_ times a day.

**FOLLOW-UP**

**YOU SHOULD CALL (530) 272-3411 IF YOU EXPERIENCE:**

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| <ul style="list-style-type: none"><li>• Excessive achiness or pain</li><li>• Sudden decrease in vision</li><li>• Bleeding or swelling</li></ul> | <ul style="list-style-type: none"><li>• Nausea, vomiting, or fever over 101 degrees</li><li>• Any significant problem you feel is related to your eye surgery.</li></ul> |
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**NOTE:** If you are unable to reach your doctor and feel you need a doctor's attention immediately, call Sierra Nevada Memorial Hospital Emergency Room (530) 274-6001 or call 911.

Your follow up appointment is scheduled for tomorrow at \_\_\_\_\_, at the SIERRA VIEW MEDICAL EYE office, 400 A Sierra College Drive.

SPECIAL INSTRUCTIONS: \_\_\_\_\_