

Discharge Instructions for Lower-Lid Blepharoplasty

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

SPECIFIC INSTRUCTIONS:

- Keep the head of your bed up (day and night) for 2 days following your surgery.
- Ice the surgery site for 2 days following your surgery, applying it for 20 minutes on and 20 off (at least) during hours that you are awake. NEVER apply ice directly to skin.
- Use the Tobradex Ophthalmic Drops (antibiotic) as follows: 3 drops to each eye 3 times a day for the next week. Use until drops are gone.
- Use the Artificial tears as often as needed to promote comfort. ALWAYS USE ARTIFICIAL TEARS **BEFORE** THE TOBRADEX TO AVOID "WASHING" THE TOBRADEX OUT OF EYES. WAIT 10 MINUTES AFTER USING ARTIFICIAL TEARS TO USE TOBRADEX.
- Your eyes will feel scratchy and uncomfortable for the first 48 hours. You may have redness, puffiness, and swelling. This is normal for up to 7 days. The eyes may itch mildly as they are healing.
- You may shower 24 hours after surgery.
- NO swimming for the 3 months following surgery.
- You may return to contacts 10 days after surgery.
- Return to the office in a week for a post-operative appointment.

Please return for your post-operative appointment as schedule.

Patient Signature: _____

Witness Signature: _____

Date and Time: _____