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: _______________________________________________________