

NAME _____ CHART# _____ DATE _____

POSTOPERATIVE BLEPHAROPLASTY AND/OR CORONAL LIFT INSTRUCTIONS

- 1. Nausea and/or perspiring are the first signs of fainting. If you experience this, immediately lie down with your head in a horizontal position with the rest of the body and elevate your feet. Failure to follow this rule could conceivably result in cardiac arrest or your heart stopping.**
2. Arrange transportation home that allows you to recline in a back seat, where your legs can be elevated and your head propped up on a pillow.
3. For the first week after surgery, keep your head elevated. Sleep with two or three pillows behind your shoulders.
4. Both blepharoplasty and coronal lift require bandaging for the first night after surgery. A nurse will remove the bandages the following morning. Bring a pair of dark glasses to wear home after your first visit after surgery. It is suggested that you wear them while outside during the first week.
5. After a coronal lift we commonly shampoo your hair on your first, sometimes second visit after surgery.
6. Do not drive until you are sufficiently free of discomfort as to require no pain medications stronger than Tylenol.
- 7. Avoid heavy lifting, straining and vigorous exercise for 2 - 3 weeks after surgery.**
8. We will remove sutures and/or staples as follows:

Eyelid Sutures	Coronal Lift - Staples
Upper lids 3 to 4 days after surgery	Progressive removal
Lower lids 1 to 3 days after surgery	Variable between 2 to 7 days
Inside corners 3 to 7 days after surgery	
9. It commonly takes one week for bruising (if it occurs) to subside. Total healing takes two to three years, but most of the swelling disappears within the first two weeks.
10. You may wear make-up a week after surgery to cover bruising when present. However, before wearing eye shadow, mascara, eyeliner, etc., please check with nurse.
11. During the first 3 to 4 months after surgery, your skin may be more sensitive to the sun so minimize exposure. Apply sunblock with SPF 18 if you're out in the sun. This is also recommended for those who have not undergone surgery.
12. Anticipate that most, if not all, of the shaved scalp will have been removed. Usually there is no "bald" area visible from the small path shaved preoperatively.

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO ASK THE DOCTOR OR THE NURSE. THEY WILL BE MOST HAPPY TO ASSIST YOU.