

**Brian P. Dickinson, M.D Post-op Instruction/ Medication Sheet:
Upper Blepharoplasty & Lower Blepharoplasty.**

	Day of Surgery	Day 1	Day 2	Day 3	Day4	Day 5
Shower	Shower morning of Surgery		Ok to Shower	Ok to Shower	Ok to Shower	Ok to shower (No baths, swimming or jacuzzi for 4 weeks)
NAUSEA						
Emend	AM of surgery with a sip of water					
Zofran* (only if needed)		1-2 tablets every 8 hours	1-2 tablets every 8 hours			
ANTIBIOTC						
Cephalexin (or)		2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM
Doxycycline		1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM
PAIN MEDICATION						
Percocet/ Vicodin	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	
Tylenol	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.
Motrin	X	X	X	X	X	Ok to use Motrin
SWELLING						
Medrol Pak	Day 1: 3 tabs after surgery; 3 tabs in PM	Day 2: 5 tablets	Day 3: 4 tablets	Day 4: 3 tablets	Day 5: 2 tablets	Day 1: 1 tablet
FML eye drops	2 drops each eye AM 2 drops each eye PM	2 drops each eye AM 2 drops each eye PM	2 drops each eye AM 2 drops each eye PM	2 drops each eye AM 2 drops each eye PM	2 drops each eye AM 2 drops each eye PM	2 drops each eye AM 2 drops each eye PM
Ice Packs	20 min. every 2 hr. while awake	20 min. every 2 hr. while awake	20 min. every 2 hr. while awake			
Compression (Lower)		Compress Lower Lid 10x every 3 hrs. while awake	Compress Lower Lid 10x every 3 hours while awake	Compress Lower Lid 10x every 3 hours while awake		
Motion (Upper)		Look up and down 10 x every 3 hrs. while awake	Look up and down 10 x every 3 hrs. while awake	Look up and down 10 x every 3 hrs. while awake		
45-Degree Sleep	Yes- Cloudz Microbead Travel Pillow	Yes- Cloudz Microbead Travel Pillow	Yes- Cloudz Microbead Travel Pillow	Yes- Cloudz Microbead Travel Pillow		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Activity	Purposeful Walking: Walk to bathroom, walk to eat dinner, walk to check mail.	Walking as if shopping at the mall	Ok to ride Peloton and lift light weights	Weightlifting is Ok without using Chest muscles	Weightlifting is Ok using Chest muscles	Skiing, snowboarding, contact sports OK
Lifting Limits	Gallon of Milk is ok (8.6 lbs) Tide Detergent is too heavy	Ok to lift Tide Detergent (12 lbs.)				

* For the first week after surgery do not bend over with your head down to tie your shoes, etc. May use the following after the recommended time: 1) Hot tub 6 weeks 2) Sauna 4 weeks 3) Hair dye 6 weeks 4) Tanning bed 4-6 weeks (protect face- 3 months) 5) Natural tanning 6 weeks (protect face 3 months) 6) Swimming 4-6 weeks

A scar ridge along the upper blepharoplasty incision is normal and becomes thicker until 6-8 weeks and then continues to soften over the course of one year to 18 months.

