

## ROD J. ROHRICH, M.D. PLASTIC SURGERY

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### EYELID (BLEPHAROPLASTY)

#### SPECIAL AFTER CARE INSTRUCTIONS- DRY EYES/CHEMOSIS

If you are experiencing dry, itchy, red eyes or chemosis (swelling around the cornea) at 7-10 days after eyelid surgery, please continue with the following treatments to help reduce discomfort and ease your healing process:

- Continue to use Refresh Plus, or Systane Ultra or Gen Teal eye drops (purchased separately, available over the counter) in both eyes **every hour for 7-10 days**.
- Apply Refresh P.M. ointment (purchased separately, available over the counter) inside the eyelid every night at bedtime. This will make your vision blurry, but it will clear as the ointment is absorbed. You can also wipe it off in the morning so you can see better.
- If you awaken in the morning with eye irritation or red eye – use more Refresh PM at night, as your eyelids may not close completely for a few weeks after surgery.
- A special Eyelid Massage is also very helpful in which you use your index finger to push up the lower eyelid gently (keep there and count to 10) and repeat this 3x, at least 4 times per day until your chemosis or front of the eyeball swelling has subsided (Dr. Rohrich and/or his experienced staff will show you how to do this exercise).
- Thin Steri-strips may be taped on the outer corners of the eyelid to help relieve the symptoms. (Dr. Rohrich and his staff will show you and carefully instruct you on how to apply the steri-strips).
- Along with Refresh Plush and Refresh PM, a prescription for more TobraDex eye drops or FML eye drops may be prescribed if Dr. Rohrich feels this is needed for you. Apply 3 drops in affected eye, 3x daily for 5 days.

#### IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870

Dr. Rohrich's email: [rod.rohrich@dpsi.org](mailto:rod.rohrich@dpsi.org)

Dr. Rohrich's website: [www.drrohrich.com](http://www.drrohrich.com)

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