

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

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**EYELID (BLEPHAROPLASTY)  
AFTER CARE INSTRUCTIONS**

- After surgery it is best for you to keep your head elevated on a head wedge rest at a 45° angle when in bed.
- Apply the Swiss eye masks for at least the first 72 hours to reduce the amount of swelling you will have after surgery (make sure you keep these masks cold and wet, and change them every 15-20 minutes.)
- **IF YOU HAVE DISCOMFORT IN YOUR EYES, TAKE THE PAIN MEDICATION EVERY 3-4 HOURS. IT IS BEST TO TAKE PAIN MEDICATION WITH CRACKERS, JELLO, ETC. APPLY REFRESH PLUS EYE DROPS (AVAILABLE OVER THE COUNTER) IN EACH EYE (2-3 DROPS) AT LEAST 5-7 TIMES DAILY. IF YOU HAVE NO PAIN DO NOT TAKE THE PAIN MEDICATION. DO NOT DRINK ALCOHOL UNTIL YOU HAVE STOPPED THE PAIN MEDICATION.**
- A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
- You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
- **APPLY REFRESH P.M. OINTMENT (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.**
- **USE TOBRADEX EYE DROPS IN EACH EYE (3 DROPS) 3 TIMES PER DAY FOR THE FIRST 5 DAYS.**
- The 2<sup>nd</sup> day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap (Ivory or Neutrogena) and rinse with water. It will not hurt to get water on the stitches or in the eyes.
- Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.
- Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute.) After the 2<sup>nd</sup> week you should gradually increase your activities so you are back to normal by the end of the 3<sup>rd</sup> week.
- If your eyes become red and irritated or if you form yellow matter in your eyes, discontinue the ointment and call our office.
- If you awaken in the morning with eye irritation or red eye – it means you need to use more *Refresh P.M.* at night as your eyelids do not close completely for several weeks after surgery.

## **EYELID (BLEPHAROPLASTY) AFTER CARE INSTRUCTIONS (continued)**

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### **GENERAL INSTRUCTIONS:**

- Tearing and dry eyes often occurs after eyelid surgery. This will stop as the swelling subsides over the first several days.
- Tightness of the eyelids is a normal feeling after surgery. This may make it hard to close the eyelids completely. This will relax with time. There may be a feeling of numbness of the eyelids that will subside with time.
- Red discoloration of the whites of the eyes is normal as well. This is painless, will not harm your vision, and will disappear completely. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
- Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell – it can take several weeks to resolve – be patient, it will go away.
- Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.
- Strenuous activity/lifting of objects heavier than 10 pounds should be avoid for 3 weeks.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, wear sunglasses and apply sunscreen only on the extension of the upper eyelid incision, not on the eyelid itself.
- Please take medications only as directed by Dr. Rohrich.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking you medications please call the office.
- If you develop a fever (oral temperature greater than 101°) and/or have redness or increased pain at the site of your surgical incisions, **please call Dr. Rohrich's office immediately at 214-645-2353. Dr. Rohrich can also be reached by cell 214-599-4870.**

**EYELID (BLEPHAROPLASTY)  
AFTER CARE INSTRUCTIONS (continued)**

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It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

**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@utsouthwestern.edu](mailto:rod.rohrich@utsouthwestern.edu)  
Dr. Rohrich's website: [www.drrohrich.com](http://www.drrohrich.com)

Dallas Plastic Surgery Institute  
9101 N. Center Expressway, Suite 600  
Dallas, TX 75231  
214-821-9114  
Contact: Marsha Kashata

UT Southwestern Medical Center at Dallas  
Outpatient Building  
1801 Inwood Road  
Dallas, TX 75390-9132  
214-645-3119  
Contact: Holly Clark