

R.G.B.

R. GRAHAM BOYCE
— FACIAL PLASTIC SURGERY —

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PATIENT INSTRUCTIONS FOLLOWING BLEPHAROPLASTY (EYELID SURGERY)

1. Sleep on your back or side with head elevated.
2. Blepharoplasty usually causes little, if any, postoperative pain. If you notice significant sharp or dull pain which persists, notify my office immediately.
3. Cold compresses (ice cold washcloths) may be used over your eyes for 20-30 minutes six times per day if you wish. Ordinarily, however, no cold compresses are necessary or of great value.
4. You may use your eyes for reading or TV viewing as frequently as you wish.
5. Apply the ointment provided to the incision twice a day. Use **sparingly**, placing only a **tiny amount** on the incision lines.
6. Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.
7. Do not use mascara, eye liner or eye shadow until approved by us (usually 10-14 days). Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
8. Any apparent redness of the whites of the eyeball is only a form of bruising and will subside during the early healing process.
9. Do not engage in vigorous exercise or sports for at least three weeks or until approved by us.
10. Stitches are removed at different times after surgery depending upon the extent of surgery carried out, type of stitches, and the type and quality of your skin. We will advise you accordingly.
11. It is not abnormal to feel slight itching and tightness of the eyelids during the early healing period.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.