

# Patient Post-Operative Care Information

Professor V V Ramakrishnan (VVR)

## Additional Patient Care Advice

### **Blepharoplasty**

Following your planned discharge, please ensure the following are adhered to, in order to optimise the healing process, unless otherwise instructed to by VVR :

#### **For the 48 hours post-op**

- Ensure normal healthy diet with limited chewing

#### **For the 2 weeks post-op:**

- Avoid stooping / bending**
- Bend knees, keeping back straight when lowering body
- Sit / sleep propped upright when resting / sleeping
- Showering – gently wash face / hair by standing in shower
- Gently pat dry face with clean towel
- Avoid pulling on stitches and tapes
- Brushing teeth – stand in upright position - Rinse into cup
- Do not drive until stitches are removed
- Do not undertake any strenuous activity that raises the heart rate (including housework) – maintain gentle mobility
- Do not wear eye make-up for 2 weeks
- It is anticipated that stitches and tapes, or glue if used to seal the wound, will be removed during the follow-up meeting 1 week post-op**
- Timeframes on returning work / resuming normal activities will be re - confirmed once reviews have taken place**