



13431 Old Meridian Street, Suite 110  
Carmel, IN 46032  
www.gillumfps.com  
Phone: 317-571-0756  
Fax: 317-571-0820

## POST-OPERATIVE BLEPHAROPLASTY

1. Sleep with head of bed elevated for 7 days post operatively, the first 3 days being most elevated at approximately 45 degrees.
2. You may shower per routine. Apply Maxitrol Ophthalmic ointment to suture lines after showering.
3. Clean suture lines a minimum of 3 times a day using Q-tips and peroxide. Then apply Maxitrol Ophthalmic ointment to the suture lines.
4. Use your Systane eye drops every 2-3 hours while awake, placing 3-4 drops in each eye. This is important to keep the eyes moisturized. A dry eye will water to overcompensate. If your eyes are watery try using more Systane drops.
5. Before going to bed for the evening or lying down for a nap apply a thin line of Maxitrol Ophthalmic ointment to the lower inside lid. This will prevent the eye from becoming dry while sleeping.
6. Some bruising and swelling is expected with this procedure and should resolve gradually. Swelling tends to peak on post op day 3 and may be worse than day 1 and 2. This is normal and will resolve.
7. Take all medications as prescribed.
8. **It is very important to keep cool gauze compressions on, changing every 15 minutes while awake. We will provide the gauze. Be sure to let us know if you have well water.**
9. If you have any questions or concerns, call 765-499-4791. This will ring into our on-call nurse. Please leave her a message and she will return your call promptly.