

BLEPHAROPLASTY/PTOSIS REPAIR

WHAT TO EXPECT

- You will receive a follow-up courtesy call the day after your operation. An appointment with the wound sister or Dr Patel will be arranged with you.
- Maximum discomfort for the first 48 hours and will improve each day thereafter.
- You will have Micropore plaster on the bridge of your nose and on either side of the eyelid areas. Do not remove. These are keeping the sutures in place.
- Swelling, bruising, and tightness of the eyelids to be expected for about two weeks.
- You will also experience dryness, burning, and itching of the eyes.
- You may have a minor discharge in the corner of the eyes for about one week.
- The other things you could experience is tearing, sensitivity to light, double or blurred vision, and difficulty in closing your eyes when sleeping.
- Tiny white heads might appear at the suture site once sutures are removed.

WOUND CARE

- You may shower or bath from day one.
- Gently clean the eyes with normal soap and water twice a day.
- Use Cellufresh drops during the day and Celluvisc at night to keep the eyes lubricated.
- Other ointment for the scar to be applied three times a day.
- Keep the head elevated on two pillows when sleeping.
- Use cold compresses for comfort and to help reduce the swelling.
- Do not use contact lenses for two weeks.
- Sutures will be removed by the wound sister on day seven.
- Wear sunglasses to help reduce the sensitivity to sunlight, wind, and other irritants for a few weeks.

ACTIVITIES

- Do not strain, lift heavy objects, or bend down in the first few weeks.
- Avoid strenuous exercise and activities for about two weeks.
- Social and work activities can resume within seven to fourteen days, bruising dependent.

PAIN MANAGEMENT

- Take pain medication as prescribed.
- Take it regularly, do not wait until you start feeling pain. Treating pain early usually brings faster pain control.
- Side effects of pain medication can be drowsiness, dizziness, nausea, vomiting and constipation. (The side effect is lessened if medication is taken with food.)

NAUSEA AND VOMITING

- This is not so common with modern anaesthetics and if it does occur, it usually lasts for a short time only.
- If it persists, keep taking fluids but avoid food.

WHEN TO CALL THE DOCTOR

- Increased swelling and bruising after a few days.
- Increased pain which is not relieved by medication.
- Draining fluid that has an odour from the incisional site.
- Bleeding that will not stop after applying pressure.

CONTACT NUMBERS

WOUND SISTER: 066 017 8256 | ROOMS: 044 73 2228 | DR C PATEL: 083 260 5528

DISCLAIMER

These documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, they cannot cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case. Informed instruction documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practise medicine.