Dr. Danielle Andry

Dr Nandi Wijay

4306 Yoakum Blvd, Suite 520

Houston, Texas 77006

Office: (832) 900-7070

Dr. Andry Post-Operative Blepharoplasty Regimen: After surgery

* After surgery, you may have some slightly blurred vision due to the lubricant placed during the procedure.
* There may be a small amount of bleeding, which is normal, but call your doctor if you experience a continuous bloody drup, significant swelling more on one side than the other or severe eye pain, worsening vision, or intense nausea.
* For lower blepharoplasty, you may have some tape or a suture in place to help avoid any corneal show while the swelling subsides. This will be removed by your doctor post-operatively at the appropriate time.
* After surgery, take the following medications:
	+ Celebrex 100 mg twice a day
	+ Tylenol 1,000 mg twice a day
	+ Antibiotic as prescribed
	+ Anti-nausea medication when/if needed
	+ Tramadol when/if needed as prescribed
* After surgery, you should keep your head elevated at 45 degree angle when in bed.
* A Swiss Eye Mask will be provided to you after surgery. Apply on and off approximately every 15-20 minutes for the first 72 hours to help decrease swelling. Make sure to keep the mask cold and moist.
* The evening of surgery, you should walk around the house and can even get a very casual dinner, as long as you do not drive or exert yourself in any way.
* You can shower the day after surgery. Be sure to have someone to assist you getting into and out of the shower. Do not scrub the area. Do not submerge the area. Be sure that the water is not too hot.
* No heavy lifting > 10 lbs for 2-4 weeks. No strenuous activity that gets heart rate up for 2-4 weeks.
* For lower blepharoplasty, most of the time, the sutures that are placed will dissolve on their own. For upper blepharoplasty, you may have dissolvable or removable sutures. If the sutures need to be removed, these will be removed by Dr. Andry at ~5-7 days.
* If you have dry eyes, use Refresh Plus drops in both eyes every 1-2 hours. Apply Refresh PM ointment inside the eyelid each night at bedtime. This may blur your vision slightly, but this will resolve once the lubricant has dissolved.
* Avoid wearing contact lenses for approximately 2 weeks after surgery.
* Avoid eyelid or eyelash cosmetics for 1 week after surgery.
* Incisions and eyes are extremely sensitive after surgery and during the healing phase. It is very important to avoid direct contact with the sun or tanning booths during this time. This can darken your scars or damage your eyesight. Wide brimmed hats and sunglasses are strongly recommended.
* Feelings of tightness, difficulty completely closing your eyes, numbness, and red discoloration of the whites of your eyes are normal in the postoperative period and will gradually improve.
* Tearing or dry eyes are normal after surgery, especially during the first few days.
* Dr. Andry will see you in her office at the 5-7 day time period, then approximately 3 weeks post operatively, 6 weeks, 3 months, 6 months, and 1 year. If you would like to see her more often, please feel free to schedule additional appointments.
* If you have any questions whatsoever, please contact (call or text) Dr. Andry or her patient care coordinator, Mavi. If you have any difficulty getting in touch with them, please feel free to contact her husband and plastic surgery partner, Dr. Nandi Wijay. Our team is happy to answer any question, no matter how big or small to ensure you are taken care of and have the most enjoyable experience possible.