

After Surgery

- You may experience light headedness, dizziness, and sleepiness following surgery. Please do not stay alone. A responsible adult should be with you for the first 24 hours.
- For your safety, do not drive or operate hazardous machinery for 24 after receiving anesthesia or while taking pain medication.
- **No pain medication refills will be issued over the weekend.** Notify the office prior to noon on Friday for any refill authorizations. Please be proactive throughout your recovery process!

For post-operative questions, please call the main office number (850)654-1194.

Hours of Operation

Monday-Thursday 7:00 am-5:00 pm
Friday 7:00 am –Noon

After Hours

Swelling and bruising is normal; however, if you experience a sudden increase in pain, body temperature or collection of fluid, please contact the office at (850) 654-1194. Our 24-hour answering service will get you in contact with us.

For medical emergencies, please dial 911.

4485 Furling Lane
Destin, FL 32541

Phone: 850-654-1194
Fax: 850-654-3380
www.ThePlasticDoc.com



DESTIN PLASTIC SURGERY



**Blepharoplasty
(Eyelid Surgery)**

www.ThePlasticDoc.com

Wound Care

Some discomfort, including mild burning sensations, bruising of the eyes and cheeks, swelling, watering eyes, difficulty closing eyes completely for the first few days, and a small amount of oozing is common and can be expected after surgery.

A cooling packet will be provided to you to apply for the first 24-48 hours to help reduce discomfort and swelling. You will be given eye drops to help soothe any irritation to the eyes.

The sutures used to close your incisions are absorbable and will not require removal. Any external knots may be removed by your nurse or physician at your post-operative appointments.

Swelling and bruising are normal; however, if you experience a sudden increase in pain with swelling asymmetry, temperature greater than 101°F please contact the office.

Activity

Restrict your activities during your immediate post-operative recovery. Refrain from lifting, pushing, or pulling anything over 10 pounds for the first week after surgery. Sleep with your head elevated for the first week. Avoid sleeping on your side as this will exaggerate swelling to that side.

Using ice will help to decrease swelling. Ice may be applied to the area for 20 minutes every hour, for the first 48 hours following your procedure. Be sure not to apply the ice directly on the skin as over exposure may be detrimental.

The eye drops provided may be used if eyes feel dry. If your eyes feel “scratched” please call your doctor so prescription drops may be prescribed as needed.

Avoid direct sunlight for 3-5 days following your surgery and do not rub your eyes.



Eye Drops

Use these drops as needed to help with dry eyes.

Before Surgery

- Verify your complete medical history with your physician.
- Stop **ALL** aspirin products, ibuprofen, advil, aleve, motrin, or other nonsteroidal anti-inflammatory drugs at least 2 weeks before surgery. You may resume these medications 1 week after surgery. These medications interfere with bleeding as well as vitamins and many herbal supplements. You may only take Tylenol as needed for pain. Please discuss all current medications with your physician.
- Complete surgery registration downstairs at the Destin Surgery Center front desk. Destin Surgery Center will issue all surgery times and arrival times.
- Have laboratory studies performed as soon as possible.
- Verify the person responsible for your transportation to and from the facility and your post-operative care at home.
- Please notify your doctor immediately if you develop a fever, cough or any other cold-like symptoms prior to your procedure.
- **Do not eat or drink anything after midnight the night before your surgery.**

Day of Surgery

- Remove ALL jewelry and contact lenses prior to surgery.