

Patient Information Leaflet

Post-Operative Instructions: Blepharoplasty procedures

Thank you for choosing Pall Mall Medical to have your operation. This leaflet contains important information about what to expect after your surgery and advice about aftercare and follow up. Please read it carefully.

What to expect following your surgery:

Following your surgery, it is quite normal to feel some minor pain and discomfort. Everyone's experience is different. Sitting in an upright position can help reduce pain or discomfort and swelling.

You will have been discharged with medications to take to help control your pain, follow the instructions given to you on your discharge. If you have had general anaesthesia or sedation, this can temporarily affect your co-ordination and reasoning skills. It is strongly advised that you must not drive, drink alcohol, operate machinery or sign legal documents for 48 hours afterwards.

You might feel tired or drowsy for the first few hours - this is related to the anaesthetic and medication given for the surgery.

You will have some pain and discomfort for the first few days - taking regular painkillers will help. Maximum discomfort will occur on the first few days. If pain worsens or is feeling hard to manage, please contact the clinic for further advice. Bruising is common after surgery but will disappear over time. Bleeding at the site of surgery - some light bleeding is not uncommon, but if the bleeding seems heavy and is causing concern, please contact us.

Wound infection is a potential risk of any operation. If you develop a raised temperature within the first week or are worried about infection, please contact us to speak to the surgeon or nurse in charge. If you have been given antibiotics, please be sure to complete the course.

Driving:

- You should not drive yourself home following your procedure.
- Following blepharoplasty surgery your eyes may be blurry for a few days after the operation. Don't drive until your vision returns to normal.
- If you are in doubt about driving, contact your motor insurer so that you are aware of their recommendations, and always follow your surgeon's advice.

Activity:

- Recline, do not lie down. This will be more comfortable for you and can reduce swelling.
- Always keep your head elevated. Avoid bending down for a few days.

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Dressings:

- Leave all dressings alone unless told otherwise by your nurse or surgeon. Every patient heals differently, and you might find you bleed and require your dressings changed sooner than your follow up appointment
- Please contact your clinic where staff will be happy to change your dressings earlier if required. Dressings will usually stay on 1 week post op where an appointment will be arranged with a nurse at your clinic where they will check your wounds and change your dressing as required. Then normally 6 weeks post op, a follow up will be arranged for you to see your surgeon.

Aftercare:

- Washing - Clean around your eyes gently with plain water. Ensure your dressings remain clean and dry to avoid infection or delayed healing.
- Clothing - Do wear comfortable front opening and loose clothing at night and in the day, that do not need to be pulled over your head.
- Avoid wearing eye makeup until your surgeon tells you it is safe to do so.
- Relax - Do not engage in any stressful activities. Have someone available at home to assist you when required during your recovery. Avoid vigorous exercise during the first 7-14 days.

Smoking:

- Avoid smoking and using any nicotine products during your recovery and this will affect your body's ability to recover and can delay wound healing.

Medication:

- Please inform staff if you take any other medications to minimise the risk of contraindications.
- Take all medication exactly as prescribed. Oral pain medication, antibiotics and any other medications prescribed or recommended to you by your surgeon.

Good nutrition:

Fluids are critical following surgery. Drink from a straw if that is more comfortable. Stick with a light nutritious diet for the first 24- 48 hours. Following your surgery, it is important to eat foods high in protein and full of vitamins and minerals to help aid the healing process.

Emergency care:

We have a dedicated nurse on call team, you should contact them immediately if you experience any of the following:

- A high fever, (over 38c)
- Severe nausea and vomiting
- Continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Excessive bleeding leading to your dressings leaking

Details can be located in the useful contact number section below.

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Section to be completed by Ward team:

Patient Name / Insert patient sticker:		
Follow up appointment:	Date & Time	
Looking after you today:		
Useful numbers / contact information		
For Clinical assistance or aftercare information	8am-8pm: Ward nursing team	0161509 5770
	Out of hours (8pm-8am): Emergency nurse on call	0778 086 9607
General enquiries		0330 058 4455
Reschedule / arrange a post op appointment or to contact an aftercare coordinator	Patientexperienceteam@pallmallmedical.co.uk 03300 58 44 55 – select option 2 and then option 4	
Webpage:	www.pallmallmedical.co.uk/cosmetics/your-care-aftercare/	
Feedback:	https://bit.ly/pmm-feedback	