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General Post-Operative Instructions for Blepharoplasty (Eyelid Surgery)

Rest and Recovery:

- Arrange for assistance immediately after surgery.
- Avoid strenuous activities, heavy lifting, and bending for a specified period.
- Elevate the head to minimize swelling.
- Avoid certain substances (alcohol, smoking) for a specified period.

Managing Swelling and Discomfort:

- Expect swelling and discoloration.
- Apply cold compresses as directed.
- Use prescribed medications (eye drops, pain relievers, antibiotics) as instructed.
- Avoid activities that increase pressure or strain.

Wound Care:

- Cleanse the surgical area as directed.
- Avoid disturbing any dressings or sutures.
- Be gentle with the surgical area.

Activity Restrictions:

- Avoid driving or operating machinery for a specified period.
- Gradually resume normal activities as directed.
- Avoid excessive strain on the surgical area.

Monitoring and Reporting:

- Monitor for signs of complications (increased pain, excessive bleeding, vision changes, fever).
- Contact the medical provider immediately if any concerns arise.
- Attend all scheduled follow-up appointments.

Medication:

- Follow all medication directions.
- Do not take any other medication without first consulting the doctor.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.