Ira L. Savetsky, MD
Plastic Surgery
Recovery Guide
Lower Blepharoplasty



We are honored you have chosen Dr. Savetsky for your surgery. Our Goal is to provide you with a safe experience and beautiful, natural results. Please follow the instructions in this guide to help ensure a smooth recovery.

Included in this Recovery Guide

This recovery Guide is broken up into sections to take you through all the information you will need for your procedure. Please read through all the information carefully and remember to call or email our office with any questions or concerns.

- **Prescriptions you will receive before surgery**
- **Supplies you will need**
- **Pre-Operative Instructions (Before Surgery)**
- **Please Adhere to these Lifestyle Guidelines Before Surgery**
- **After Care Instructions**
- **General Information to be Aware of**
- **What to Expect in your Healing Process**
- **Please Contact Our Office if You Experience**
- **Recovery Do's and Don'ts**
- **Office Contact Information**



Remember: Everyone heals differently and at different speeds! Be patient with your body throughout the healing process and follow the recovery instructions. We are here for you every step of the way!

Prescriptions You Will Receive Before Surgery



- **Cefadroxil (Duricef) 500 mg:** this is an antibiotic; you will take this twice a day for 7 days.
- **Ondansetron (Zofran) 4 mg:** this is an anti-nausea medication; you can take 1 tablet every 4-6 hours as needed.
- **Mupirocin (Bactroban) Ointment:** this is a topical antibiotic ointment; you will apply this to the suture and line using a cotton swab (Q-tip) twice daily.
- **Hydrocodone/ Acetaminophen (Norco) 5/325 mg:** this is a pain medication; you can take 1 tablet every 4-6 hours as needed for pain.
- **Acetaminophen (Tylenol) 500mg:** over-the-counter pain medication may be used in lieu of prescribed pain medication for mild pain.
- **Erythromycin Ophthalmic Ointment:** you will apply this ointment to your incision lines twice daily. (If a skin pinch is performed.)
- **Tobramycin Dexamethasone (Tobradex):** you will apply these eye drops to your eyes three times a day, about every 6-8 hours. (If fat pads were removed.)
- **Refresh Lubricant Drops (preservative-free):** you will apply these eye drops to your eyes as needed.
- **Arnica Montana:** 30c 5 pellets 3 times per day starting one week before surgery and for two weeks after surgery. * Optional this is homeopathic and may help with bruising and swelling.
- **Bromelain 500 mg:** one capsule 3 times per day starting one week before surgery and for two weeks after surgery. * Optional this is homeopathic and may help with bruising and swelling.
- **Naloxone** (**Narcan):** emergency rescue medication and is ordered by New York state law when taking prescribed pain medication.

Supplies You Will Need 

Please have the following items available to you before your surgery

- Cotton Swabs (Q-tips)
- Extra Pillows or a wedge
- Ice packs
- Gauze

Pre-Operative Instructions (Before Surgery)

To help ensure a smooth procedure, please follow these pre-operative instructions

- Do not eat or drink anything after midnight the night before your surgery.
- Shower prior to arrival, but do not apply any products to your face or body afterward.
- Do not wear jewelry or contact lenses.
- Wear comfortable clothing that buttons or zips in the front.
- Bring all medications from your pharmacy, as well as any garments or supplies previously provided by our office.
- Please also obtain Tylenol Extra Strength (which may be used instead of prescribed narcotic pain medication), Colace, and Bromelain from your pharmacy.

Please adhere to these Medication and lifestyle guidelines before your procedure

- Avoid hormonal medications according to the schedule provided by your doctor.
- Discontinue weight loss injections at least 3 weeks prior to surgery.
- Avoid NSAIDs, aspirin-containing products, and supplements for 2 weeks before and 2 weeks after surgery.
- Avoid alcohol for 1 week before and 1 week after surgery.

***Please notify us if you feel unwell at any time prior to your procedure.**

After Care Instructions 

- Apply ice (can soak gauze or a wash cloth in a ice filled basin) for at least the first 72 hours after surgery to reduce the amount of swelling you will have (make sure you keep these masks cold and wet, and change them every 15-20 minutes.)
- Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute, do not bend at the waist, and do not lift anything greater than 5 pounds.) After the 3rd week you should gradually increase your activities so you are back to normal by the end of the 4th week.
- If you awaken in the morning with eye irritation or red eyes, use more Refresh PM at night as your eyelids do not close completely for a few weeks after surgery.

After Care Instructions: Continued

- After surgery it is best for you to keep your head elevated on a wedge headrest at a 45° angle when in bed.
- If you have discomfort in your eyes, take your pain medication every 4-6 hours. It is best to take the pain medication with crackers, jello, etc. **If you have no pain, do not take the pain medication.** Do not drink alcohol until you have stopped the pain medication.
- A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
- You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
- Apply Refresh P.M. ointment (purchased separately, available over the counter) inside the eyelid as needed. This will make your vision blurry, but it will clear as the ointment is absorbed.
- Use Tobradex eye drops (prescribed by Dr. Savetsky during check out). Use 3 drops in each eye, 3 times per day for the first 7 days.
- The 2nd day after surgery, you can begin washing your face (but not your eyelids) gently with a mild soap (Ivory or Neutrogena) and rinse with water. It will not hurt to get water on the stitches or in the eyes.
- Pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.

General Information to be Aware of

- Tearing and dry eyes often occur after eyelid surgery. This will stop as the swelling subsides over the first several days.
- Tightness of the eyelids is a normal feeling after surgery and may make it hard to close the eyelids completely. There may also be a feeling of numbness of the eyelids. Both sensations will subside with time.
- Red discoloration of the whites of the eyes is normal as well. This is painless, will not harm your vision, and will disappear completely. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
- Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell – it can take a few weeks to resolve, be patient, it will go away.
- Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.
- All incisions will be extremly sensitive to sunlight during the healing phase. Direct sunlight is to be avoided.

What to Expect in Your Healing Process

Swelling: Most swelling improves within 2-4 weeks post-op; however, subtle swelling can linger up to a year. Do not worry! This is expected and all a part of the healing process.
Bruising: Bruising can last for around 7-14 days after surgery and will fade.

Please Contact Our Office if You Experience 

- Fever greater than 100.4°F (38.6 °C)
- Heavy or persistent bleeding that does not improve with gentle pressure.
- Increasing redness, warmth, swelling, or foul-smelling drainage from the incision sites.
- Severe pain that is not relieved by your prescribed pain medication.
- Difficulty breathing that worsens or does not improve.
- Any concerns about your healing or recovery.

Recovery Do's and Don'ts



Do: Sleep on your back with your head elevated; this helps reduce swelling.
Do: Take all your prescribed medications as instructed by Dr. Savetsky.
Do: Walk frequently after surgery; walking is great for reducing swelling
Do: Be mindful of your healing and avoid excessive rubbing of your eyes.

Don't: Put anything on you eyes such as scar cream until cleared to do so by Dr. Savetsky
Don't: Smoke or use any nicotine products because this affects healing.
Don't: Lift anything over 10 lbs or participate in vigorous exercise until cleared by Dr. Savetksy