



### **POSTOPERATIVE CARE SURGERY BLEPHAROPLASTY- LOWER EYELID RETRACTION**

- You should apply compression to the wound using ice protected with a gauze, for periods of 20 -30 minutes resting 10-15 minutes. It is important to do this in the first 48-72 hours, so that the resulting hematoma is lessened.
- It is normal to have some degree of hematoma that will recede in 1-2 weeks, depending on each patient.
- It is very unlikely that major bleeding will occur, although minor bleeding may soak the gauze during the first two days. Do not worry about this.
- No traction to the wound should be applied.
- You will apply EPITELISING CREAM WITH A SMALL EARPICK TO THE WOUND EVERY 8 HOURS UNTIL THE NEXT APPOINTMENT.
- You will use artificial tears: Artific, Hyabak, Viscofresh 0.5%, Oculotect, either one of them. Dosage is on demand, but use them at least every 2-4 hours. This treatment should be maintained for one or two months.
- If red eye is noted you will apply TOBRADEX eye drops, 1 drop every 8 hours for a week.
- We must perform SUTURE REMOVAL AT 7-8 DAYS. Ask for an appointment the next day after surgery calling the phone number written above. Sutures are removed in the office.
- Do not play sports in the week after surgery.
- To prevent pigmentation you must protect your wound applying SPF 50 EVERY TIME YOU ARE EXPOSED TO THE SUN (walks, beach...) DURING THE NEXT 6 MONTHS. Start applying it after removing the points.
- Do not put on makeup until after 20 days. The wound may be pigmented and undergo an inflammatory process. Do not wear contact lenses until 15 days. Do not play sports until after 2-3 weeks.  
Do not sleep face down in the first 2-3 days. You can read or watch TV from day one. You can return to work that does not require great physical effort after 4-5 days.
- After suture removal, it is important to perform gentle massages in a compressive mode ironing over the wound, without pulling vertically. These massages can be undertaken during the first month, twice daily, while applying a moisturizer or ROSEHIP well with your finger or a cotton bud.
- Although we have performed plastic surgery techniques to minimise and hide the incisions, their healing depends on the individual characteristics and care of each patient. It is very unlikely to suffer abnormal healing resulting in a poorly cosmetic scar.
- If you have pain you may take metamizol or paracetamol. Do not use aspirin or its derivatives in the week after.
- NEXT CONSULTATION WITH DR. ARTEAGA, APPOINTMENT .....