

HEALTH EDUCATION

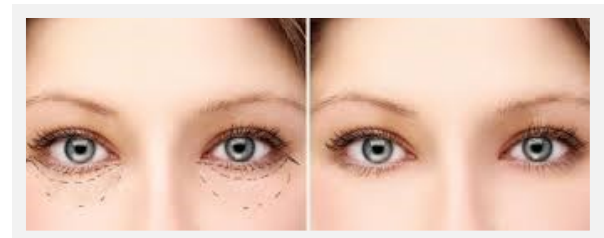
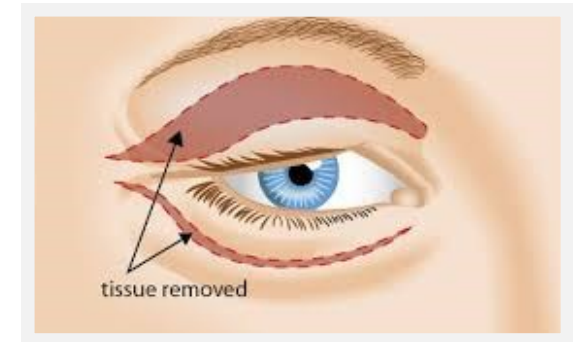
1. Have someone drive you home after surgery and help you 1-2 day at home.
2. Get plenty of rest.
3. Follow balance diet.
4. Drink fluid regularly.
5. Take analgesic medication as prescribed by doctor such as paracetamol.
6. No alcohol for 3 week as it causes fluid retention.
7. Taking vitamin iron.
8. Do not smoke or around a smoker.
9. Sleep with head elevated 45 degree for several days to minimize swelling.

What follow up care will I receive?

- Sutures will usually be removed in 5-7 days.

When should I call my doctor?

1. Increased swelling or bruising.
2. Swelling and redness persist for a few days.
3. Increased redness along the incision.
4. Severe or increased pain not relieved by medication.
5. Side effects to medications such as, rash, nausea, headache, vomiting or constipation.
6. Body temperature over 37.4 degree Celsius.
7. Any yellowish or greenish drainage from the incisions or notice a foul odor.
8. Have loss of feeling or motion.



BLEPHAROPLASTY (Eyelid Surgery)

BLEPHAROPLASTY

What is blepharoplasty?

Eyelid surgery to reduce bagginess from lower eyelids and remove excess skin from upper eyelids.

This surgery done for cosmetic reasons.

To improve sight in older people who sagging upper eyelids get in at of vision.

Causes:

1. Sign of aging.
2. Excess draping of skin secondary to edema.
3. Pseudoherniation of fat (too much flabby tissue).

PROCEDURE

Preparation before procedure

1. Place local anesthesia
2. Draw the site marking
3. Prep skin and draping

After procedure

1. Place CMC ointment on the eye
2. Put ice pad on the affected eye
3. Monitor sign of hematoma

COMPLICATION

1. Hematoma
2. Poor scar
3. Loss of vision
4. Chemosis (swelling or edema)

During procedure

