



Blepharoplasty Post-Operative Care Guide

WHAT ARE MY POST-OPERATIVE INSTRUCTIONS?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Constipation is a side effect of decreased activity, use of pain medicines, and dehydration. Be sure to walk, drink fluids regularly, and consider adding raw fruit to your diet.
- Take pain medication as prescribed. Do not take Dispirin or Brufen, unless approved by your surgeon.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke or be around a smoker. This can be the most significant cause of serious healing issues.
- Sleep with your head elevated 45 degrees for several days to minimize swelling.

WHAT SHOULD MY ACTIVITY LEVEL BE?

- Start walking as soon as possible - this helps to reduce swelling, lower the chance of developing blood clots and/or pneumonia, and avoid constipation.
- Do not drive until you are no longer taking any pain medications.
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- Read or watch television after 2-3 days.

HOW DO I TAKE CARE OF MY INCISION?

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 50 or greater).
- Keep steri-strips on. If steri-strips come off, you can replace them if provided with additional strips.

- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold saline compresses for the first 24 hours for comfort and to reduce swelling and bruising. Use warm compresses, instead of cold, if there is bruising.
- Generally, your hair can be shampooed any time after surgery.
- Wait at least 2 weeks before wearing contact lenses.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.
- Do not wear any eye makeup for at least 1 week, or until the sutures have been removed and the incisions adequately healed.

HOW SHOULD I EXPECT TO FEEL?

- Occasionally, the eyes are bandaged for the first night.
- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have gummy eyes for approximately 1 week.
- Your physician may recommend Natural Tears (lubricating eye drops), Tobradex (antibiotic eye drops) or Polyfax eye (antibiotic eye ointment) as part of your post op treatment.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

WHEN SHOULD I CALL MY DOCTOR?

- If you have increased swelling or bruising.
- If swelling and redness persist for a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting or constipation.
- If you have an oral temperature over 100.4°F.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.