



POSTOPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

FYI: Do not wear contact lenses to the surgery appointment

On the evening after surgery, rest as much as possible with your head elevated. Watching TV and reading are acceptable activities.

Apply cold compresses for 10 minutes once per hour. Avoid applying ice bags directly to the skin. Use a clean towel or a gauze bandage to prevent direct contact with ice.

Warm compresses may replace cold starting the next day.

Wound care consists of cleaning the incision with hydrogen peroxide on a tip to remove dried secretions followed by the application of the prescribed ointment three times daily.

Tylenol should be enough to control postoperative pain. Avoid using Ibuprofen and NSAIDS for 2 days. Severe pain should be reported immediately.

Swelling and bruising of the eyelids is normal. A small amount of bloody fluid draining from the incision is normal for a few days. Brisk bleeds not responsive to pressure should be reported.

Swelling usually reaches its maximum on the morning after surgery, while bruising may increase slightly for several more days.

Avoid bending and straining for 3 days. Moderate walking is fine; vigorous exercise should be avoided for 3 days. Avoid swimming for 3 weeks. Showering and shampooing is fine. Avoid getting soap on the incision.

Sutures will be removed in 7 days. Contact lenses may be resumed at this time.

It is not unusual for the eyelids not to close fully for the first three weeks. Artificial tears such as Hypotears may be soothing. At night a lubricated ointment such as Lacrilube ointment may be more helpful.

The incision may turn red slightly elevated or bumpy in the week following surgery. The incision will continue to fade and soften for about 6 months. The incision may feel tender for a few months, and itching is normal. Any tight feeling or eyelash numbness will disappear over several months.

Imbalances between the two sides are common at first due to different degrees of swelling and variable rates of recovery. Full healing of any incision on the body can take six to nine months.