

Blepharoplasty Post-Op Instructions

The following instructions apply to patients who have undergone eyelid surgery. Since no two patients were ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.

1. Sleep on your back or side with head elevated.
2. Blepharoplasty usually causes little, if any, post-operative pain. If you notice significant sharp or dull pain, which persists, notify your physician immediately. If you have significant changes in vision or loss of vision, notify your physician immediately.
3. Clean incision lines twice daily with _ peroxide _ water. Apply topical antibiotic after cleansing.
4. Cold compresses (ice cold cloths) may be used over your eyes for 20-30 minutes six times a day, for 24 to 48 hours, then switch to warm, moist heat.
5. Use artificial tears if your eyes are irritated or burning.
6. Do not use contact lens for at least two weeks. Pulling on eyelids while inserting or Removing, lenses may interfere with healing. Glasses may be used at any time.
7. Do not use mascara, eyeliner, or eye shadow until approved by your physician usually 7-14 days). Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids on incisions.
8. Any apparent redness of the whites of the eyeball is only a form of bruising, and will subside during the early healing process.
9. Do not engage in vigorous exercise or sports for at least three weeks, or until approved by your physician.
10. Stitches are removed at different times after surgery depending upon the extent of surgery, type of stitches, and the type and quality of your skin. We will advise you accordingly.
11. It is not abnormal to feel slight itching and tightness of the eyelids during the early healing period.