

Blepharoplasty Surgery Post-Op Instructions

Ice

Remain sitting quietly for 4-5 hours after surgery. Do not lie down flat. It is very important to apply ice to any incisions on your eyes. Ice reduces any swelling that may occur. Apply ice for 15-20 minutes every hour for the first 24 hours you are awake after your procedure. For the next 2-3 days, apply ice 30 minutes and then remove it for 10 minutes and repeat. You can use an ice pack, frozen gel pack, crushed ice in a baggie or a bag of frozen peas. Do NOT apply ice directly onto the skin. Instead, use a gauze pad or cloth in between your skin and the cold bag. Remember, the more you ice, the more the swelling will decrease. Use on the cheek areas for 48 hours after surgery while awake.

Patients typically experience the most swelling on the second or third day. One side of your face may swell more than the other side. You may also notice tissue “bunching” in front of, behind or under your ears. This is normal. Please give it time; it is part of the healing process.

Activity

Keep exertion to a minimum. Do not bend over, blow your nose, cough, strain or lift heavy objects more than 10 pounds until 7 days after surgery. Avoid large facial movements such as smiling, laughing or widely opening and closing the jaw. Do not heavily exercise for 3 weeks. If you feel tension or straining at any of the procedure sites during activity, then please stop. You may shower and wash your hair 24 hours after your surgery. It is safe to get the stitches wet. However, avoid the full force of the shower directly on the suture lines.

Medication

For your health and safety, it is recommended that for the first 24 hours after your procedure, you are accompanied at all times by a responsible adult who will attend to any routine care needs that you may have. You should not be left alone during this time because of possible impairment of motor skills and perception as a result of the lingering effects of medication. If any concerns arise, the responsible party or you should immediately contact your physician. It is also recommended that you do not drive for the first 48 hours after the procedure (or longer if you are taking prescription pain medication).

Take approved pain medication as needed. Acetaminophen (Tylenol) is okay, but DO NOT USE IBUPROFEN (such as ADVIL or MOTRIN). Take medication (especially pain medication) with food to help decrease stomach upset. Start your antibiotics right after your surgery and complete the entire course. If your medication is a 4-times a day interval, try the following schedule: 1 antibiotic with breakfast, 1 at lunch, 1 in the late afternoon, and 1 at bedtime. Vitamin E, naturopathic medications and herbs, nicotine, cigarettes for two weeks after your surgery unless instructed otherwise.

Diet

We recommend you have a light meal after your procedure. Good nutrition helps the healing process. Drink plenty of water and other fluids. Keep vigorous chewing to a minimum for the first 1-2 days after the procedure.

Sleep

Sleep with your head elevated at least 30 degrees (on 2-3 pillows or use a recliner) for the first week. This helps to keep swelling to a minimum.

Cleaning

- If you have incisions either above or below your eyes, use only WARM WATER on a cotton swab to gently clean the incision lines. Then apply lubricating eye ointment to the incision lines. If your incisions are not shiny, APPLY MORE.
- If you wish, at night, you may apply the lubricating eye ointment directly into your eyes to keep them moist. To do this, start at your inner eye and apply a thin line of the ointment along your lower lid. When you blink, the ointment will cover the eye and keep it moist. This will make your vision slightly blurry.
- USE ONLY WARM WATER ON YOUR EYE INCISIONS: NO PEROXIDE!
- If you are told your lower eyelid incision is on the inside of the eyelid, then do not pull down your lower eyelid when applying drops to your eyes.
- If you have sterilized strips, leave them in place and they should fall off in 2-3 days.

Contact lens

If you have had an eye procedure, then you may wear contact lenses 1 week after, or as instructed by your surgeon.

DO NOT TAKE ANY ASPIRIN OR VITAMIN E UNTIL YOUR SUTURES ARE REMOVED. IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL YOUR SURGEON! WE ARE HERE TO HELP 24 HOURS A DAY! Our telephone number is 424-281-4328