



Post Operative Instructions Blepharoplasty (Eyelid)

During the first 24 hours after surgery, apply iced compresses to the eye area for 20 minutes, every waking hour. This can be in the form of the facial ice mask or a package of frozen peas or frozen popcorn kernels over a damp washcloth or gauze. Iced compresses will decrease swelling and help with pain control. Swelling and bruising usually will reach a peak 2 days after surgery, then will resolve slowly over the next two weeks. After the first 24 hours you may wish to apply a warm, wet compress to the eyes as much as possible for the next few days to aid the resolution of the swelling and bruising.

Clean the **lower** suture lines twice daily with a Q-tip saturated with hydrogen peroxide. Avoid getting any in the eyes. Then apply a small amount of ophthalmic ointment (will be given to you the day of surgery) on a Q-tip to the **lower** suture lines. If the eyes do not close completely when sleeping, place a small amount of ophthalmic ointment directly in the eyes several times daily and at bedtime. Do not apply makeup on incisions until sutures are removed at one week.

Sleep with the head elevated 30 degrees, on approximately two pillows for several days after surgery. Take only the prescribed medications. **DO NOT** take aspirin, aspirin-containing compounds or non-steroidal anti-inflammatory medicines such as Ibuprofen for one week after surgery. You may take Tylenol after you stop taking the prescribed pain medication.

Things to avoid

- Activities that can cause an elevation in the blood pressure for two weeks after surgery (including exercising, dancing, vacuuming, treadmill, etc.)
- Bending over or heavy lifting for one to two weeks following surgery.
- Bumping or jarring the face or eyes.
- Wearing contact lenses for at least ten days. Eyeglasses may be worn the day after surgery.
- Sunbathing for six weeks.
- Placing makeup on the incision lines until sutures are removed, then a water-based makeup is recommended for the next three weeks.
- Driving while taking pain medication.

Please report to the physician any bleeding that persists after applying gentle pressure with a washcloth for 15-20 minutes. Notify the physician of any sudden change in vision or persistent swelling which causes the lower lid to separate from the eyeball.

Pain medications can be irritating to the stomach. To avoid this problem, take them with food. Pain medications can also cause constipation. Drink plenty of fluids and you may wish to take an over-the-counter stool softener such as Metamucil, Colace, or Docusate Sodium.