

BLEPHAROPLASTY

POST-OPERATIVE INSTRUCTIONS

Bathing

- You may shower 48-72 hours after surgery, unless instructed otherwise by your surgeon. **No baths.**
- **Leave the steri-strips/tape over the incision(s) in place.**
- Some areas may bleed slightly — this is normal and should subside quickly when dry.

Activity

- Remain in bed with your head elevated on two pillows or in a chair the first day after surgery, except for bathroom needs.
- Walk every hour while awake to promote adequate circulation to your heart and lungs.
- Avoid bending over for the first week.
- Keep your head elevated at night for the first week.
- Do not lift more than 10 lbs (or more than a gallon of milk) and avoid strenuous activity. Your provider will advise when you are able to increase your activity at your post-op appointment.
- Do not swim, use hot tubs, tub bathe, or submerge your wounds in water until fully healed —typically 4-6 weeks.

Diet

- Slowly resume your normal diet as tolerated.
- Pain meds and anesthesia may cause constipation. Be prepared with miralax and colace.
- Incorporate high protein foods into your diet to promote healing.
- Stay hydrated.

Wound Care/Dressings

- Keep ice packs (frozen peas work well) on the eyes for 15 minutes at a time, every 2-3 hours while awake for the first 48 hours after surgery.
- Do not place ice packs directly on the skin — place over a washcloth or gauze.
- You may use a cotton tip swab (Q-tip) to gently clean any crust from your eyelashes.
- Bruising and swelling around the eyes and face will worsen for the first three days — this is normal.
- Makeup may be used after all sutures have been removed; typically after your one week post-op appointment.

Medications

- Systane® (over-the-counter) may be applied to the eyes as needed for dryness.
- Pain medication will reduce discomfort but may not eliminate pain completely.
- Do not exceed prescribed doses.
- You may take acetaminophen (Tylenol) for mild pain, but please ensure your prescription pain medication does not already contain acetaminophen (Tylenol).
- Avoid aspirin and NSAIDs (Advil, Motrin, Ibuprofen) for 72 hours after surgery, as they may increase bleeding risk.
- Take all medications as prescribed by your physician.

Call Promptly If You Experience...

- Significant swelling or swelling on only one side
- Shortness of breath
- Calf pain or soreness
- Increasing eye pain.
- Double vision not related to ointment.
- Fever greater than 100.4°F (38°C)
- Redness or warmth around the incision
- Changes in drainage (thick, yellow, green, bright red), a foul odor, or a sudden increase in drainage.
- Severe pain that is not relieved by medication.
- If you believe you are having a reaction to a medication.