

Blepharoplasty

The following instructions will help you know what to expect in the days to weeks following your surgery. Do not, however, hesitate to contact us if you have questions or concerns.

What to Expect:

- Mild burning sensation in the incision
- Watery or slightly dry eye sensation
- Difficulty closing the eyelids completely for the first few days
- A small amount of drainage during the first few days
- Swelling and bruising around the eyes for the first few weeks

When to Call your Doctor:

- Call your doctor's office if you experience:
- Any changes in vision
 - Excessive (severe) pain and/or swelling
 - Redness, drainage, or odor from the incision(s)
 - Fever or chills
 - Shortness of breath

What to Do:

- Apply cold compresses to your eyes for the first 48 hours while you are awake.
- Follow your doctor's instructions regarding the use of any eye drops or ointments.
- Shower daily and wash incisions, but avoid very hot water.
- Keep your head elevated above your waist for the first 5 days to help reduce swelling and discomfort.
- Prescription pain medication can cause constipation. You may take an over the counter stool softener (Colace) to help alleviate these symptoms.

What NOT to Do:

- Do not use ice packs.**
- Do not apply heat.**
- Do not smoke or have any form of nicotine (eg, cigarettes/cigars, patches or gum) for at least 2 weeks after surgery.
- Do **not** take aspirin, Vitamin E and herbal medications for 1 week after surgery.
- No heavy lifting for the first 2 weeks after surgery.
- Do **not** drive while you are taking the narcotic pain medication.

Other Points to Remember:

Your sutures will be removed 3 to 5 days after surgery.

You may return to using contact lenses and eye makeup after stitches are removed.

Check with your doctor before returning to any strenuous activity such as biking, swimming, aerobics, or weightlifting (usually 3 weeks).

When returning to more vigorous exercise, start slowly and gradually work up to your daily routine.

Avoid prolonged exposure to the sun, and wear sun protection with SPF 30 or higher for at least 6 months after surgery.

Do not hesitate to contact us if you have any questions or concerns

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