



FLATIRONS DERMATOLOGY

Blepharoplasty (Eyelid Surgery) After-Care Instructions

Instructions

- Get plenty of rest and follow balanced diet.
- Take pain medication as prescribed. Extra-strength Tylenol is permitted for pain. Do not take aspirin or non-steroidal medicine (ibuprofen) unless approved by Dr. Smith. Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Apply ice packs to the eyelids for 10-15 minute each hour (while awake) to decrease swelling and bruising.
- Keep your head elevated to minimize swelling. Sit in a recliner for the rest of the day and sleep with your head elevated 45 degrees for several days to minimize swelling.

Activities

Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.

- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting (>10 pounds) and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- Return to work in 5-7 days.

Incision Care

Use cold saline compresses or ice packs for the first 48 hours for comfort.

Keep incisions clean with soap and water and inspect daily for signs of infection.

- You may shower after 36-48 hours.
- Wait at least 2 weeks before wearing contact lenses.
- Do not use eye makeup or sunscreen until the sutures are removed and the incision healed, usually 4-7 days. You may have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses.

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What To Expect

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may wake up with completely swollen eyes. Pain should be mild.
- **Your physician may recommend Natural Tears (OTC eye drops) or Lacrilube (OTC ophthalmic ointment) as part of your post op treatment.**
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and intermittent double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

Appearance

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out; can be easily removed by surgeon.
- Facial makeup can cover up bruising after the sutures are removed.

Follow-Up Care

- Sutures are removed 5-7 days after surgery.

When to Call

- If swelling, redness and pain worsens after a few days.
- If you have an oral temperature over 101 degrees.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

- Severe headache, blurred vision eye pain or vomitting.
- If you have severe or increased pain not relieved by medication.

- If you have any side effects to medications.

- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions, Please Call: (303) 404-3376 or (303)-898-9410

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