



What To Expect Following Blepharoplasty Surgery

Post Operative Swelling & Care

- Please keep your head elevated on 2-3 pillows while in bed to help reduce swelling around your eyes.
- We recommend a lubricating eye drop such as Systane Ultra which can be purchased over the counter to be applied 4 to 6 times during the day or as needed to prevent dry eye
- Your prescription ointment should be applied inside your eye on your eyeball once a day prior to going to sleep. **DO NOT APPLY THIS OR ANY OINTMENT TO YOUR INCISION.** If you had a laser treatment around your eyes with your surgery you should apply Aquaphor or a post laser ointment under your eyes but avoid the incisions.
- It is very important to ice the area around your eyes for the first 3 days following surgery. Ice for 15 minutes once an hour while you are awake; you do not need to wake up in the night to ice. You may either soak gauze pads in a bowl of ice water and then apply the cold gauze over your eyes or apply Ziploc bags of peas or corn to the area around your eyes.
- Maximal swelling is 2 to 3 days following surgery
- You can take Tylenol the same day as surgery. Do not take with narcotic, as both may contain Acetaminophen.
- You can take Motrin or Ibuprofen 24 hours after your surgery
- You should take a stool softener such as Colace as directed by the packaging while taking narcotic pain medications (Percocet, Oxycodone, Vicodin). **DO NOT take a laxative.**
- Wear your compression stockings overnight after your surgery and then throw them away the next day.
- Sutures will be removed from your upper and lower eyelids 6-8 days following surgery

Diet Following Surgery

- Start with bland food/ drink; if tolerated return to regular diet. Avoid acidic food/drink for 24 hours
- Drink plenty of fluids for the next 24 hours to help flush anesthesia out

Activity Following Surgery

- For the first 24 hours after surgery only get up for meals and to use the bathroom. After 24 hours, you can shower and be Up as Desired.
- No heavy lifting (greater than 10 pounds) or bending over or strenuous activity for a period of 3-4 weeks. This may increase pressure and pain in your head.
- In order to prevent blood clots, it is important for you to walk around at home a few times a day.
- Please avoid any activity that raises your heart rate or causes you to break a sweat until you have been cleared to resume your normal activities.
- Do not drive until the later of 3 days or until you have stopped taking pain medication.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.

Personal Care Following Surgery

- You can shower the day following surgery, as well as wash your hair with gentle shampoo and avoid hard scrubbing
- You may blow dry your hair
- You can wear makeup after surgery but do not apply make up to or near your eyes for 2 weeks following surgery.
- Do not apply any lotions, creams or ointments to your eye area (other than your prescription ointment and post laser ointment if you had a laser treatment as instructed above) for 2 weeks.

Call the Office at (561) 406-6574 if you have any of the following:

- A fever greater than 101°F, stabbing eye pain, a large protruding bulge on or near your eye, an opening in your incision, double vision, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision); or if you have other concerns.
- Please call 911 or go to the closest hospital Emergency Room for any life-threatening emergencies.

Your Follow Up Visits:

- 6 day following surgery ___/___/___ __:_____ (AM / PM)

Date _____ Time _____ AM/PM X _____

Signature (Patient/Health Care Agent/Guardian/Family Member) (If patient's consent cannot be obtained, indicate reason above.)