PERIOPERATIVE SERVICES

Post-Operative Instructions

Blepharoplasty (Eye Lid Surgery)

PAIN:

Mild – Well controlled with Tylenol™ or your prescription medication.

OPERATIVE SITE:

## Incision Care

Remove the gauze (if any) the day after surgery. Wash the wounds with soap and water, pat the paper tapes dry. Sutures are usually removed after 5-7 days.

## Eye Care

Wait at least 2 weeks before wearing contact lenses. Bright sunshine may be irritating for the first few weeks. Wear sunglasses if this is the case. If your eyes are dry and/or irritated, use an over the counter eye drops like Natural Tears™. Use a wet cloth or Q-Tip™ to remove any crusts that build at the corner of your eyes.

## Dressing

You may have gauze or pads over your incisions to absorb any drainage. These can be removed the day after your surgery.

Steri-Strips (paper tapes) on the incisions can remain in place for approximately one week. Replace the steri strips if they come off.

## Swelling

Starts immediately after your surgery and will peak over 3 to 4 days and will lessen by 2 weeks.

To minimize swelling for the first 2-3 days:

* Keep your head elevated on extra pillows when lying down.
* Apply an ice pack for 20 minutes every 2 hours while awake, protect your skin with a thin cloth.
* Avoid activities that raise your blood pressure (exercising and bending over).

**CONTINUED ON OTHER SIDE 🡪**

## What to expect

* Gauze or pads that may cover the eyes for one night
* Swelling, bruising, dryness burning or eye itching for 1 or 2 weeks
* Temporary double or blurred vision
* Temporary difficulty completely closing the eyes during sleep
* Increased eye watering is normal for the first few weeks

## Appearance

Swelling and bruising is normal for about 2 weeks. Scars will remain slightly pink for more than 6 months. Eye makeup can cover any bruising after your stitches are removed.

ACTIVITY:

* Start walking as soon as possible after your surgery
* Avoid strenuous exercise for 2 to 3 weeks
* Read or watch television after 2 to 3 days
* Do not drive until your vision is normal and you are off all pain medications
* Return to work after 10 to 14 days

DIET:

You may resume your normal diet as tolerated**.**

FOLLOW UP:

Your Surgeon will advise you of your follow up appointment.

ADDITIONAL INFORMATION:

Call your Surgeon or go to the Emergency Department if you have any of the following complaints:

* Increased swelling or bruising after 3 days
* Increased redness along the incision and lids
* Severe or increased pain not relieved by medication
* You have a fever (oral temperature more than 38.5º C)
* Green, yellow, brown, grey or foul-smelling discharge from the incision
* Bleeding from the incisions that does not stop with 45 minutes of pressure
* Loss of vision from one or both eyes