SURGICAL 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 🡪

Information is available in alternate formats upon request

**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.

## ACTIVITIES:

* 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

The information contained on this sheet is provided to you and your family to help   
you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about   
your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same."   
Clean hands save lives.