



Postoperative Care of Blepharoplasty - Eyelid Surgery

No Smoking for as much time as possible prior to surgery (at least 2 weeks), and at least 2 weeks following surgery. Nicotine causes vasoconstriction (narrowing) of vessels, which decreases the amount of oxygen and nutrients needed to heal.

Do not make decisions or sign legal documents, drive, or operate heavy machinery or drink alcohol for 24 hours after your procedure. Be in the care of a responsible adult for the first 24 hours after your procedure.

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

DO:

- Clean suture lines with **hydrogen peroxide** and a **Q-tip** 4-6 times daily (try not to get hydrogen peroxide in your eyes).
- Apply over the counter lubricating eye ointment (such as *Tears Renewed*, *Lacri-lube*, or *Refresh PM*) to eyelid incisions following cleaning 4-6 times daily.
- Use over the counter lubricating eye drops (such as *Refresh Plus*) until your 1 week follow up appointment as needed for dry eyes.
- If you had lower eyelid surgery, then apply the prescribed *Tobradex* drops to each eye 4 times a day for 3 days.
- Report any eye pain or change in your vision to the clinic immediately.
- Wear glasses, if necessary, being sure they do not push on incision lines.
- Continue cold compresses over the eyelid for 2 days. Dip wash cloth into ice water, wring out and place over face.
- Sleep with **head elevated** 30-40 degrees. Use pillows, a wedge cushion, or a recliner. Sleep on your back, not on your side or stomach.
- Wash hair following surgery, if desired. Use **Johnson's baby shampoo** to avoid eye irritation.

DO NOT:

- Apply any make-up (mascara, eyeliner, or eye shadow) for the first 2 weeks following surgery.
- Do any exercising, bending over, or heavy lifting for the first 10 days.
- Wear contact lenses for 10 days.
- Pluck eyebrows for 2 weeks.
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REPORT TO THE CLINIC ANY:

- Temperature elevation over 101°F.
- Redness, swelling or discharge at the surgical site.

- Excessive bleeding.
- Development of any drug reaction.
- Worsening nausea or vomiting

REMEMBER:

- Most bruising resolves within 10-14 days. Swelling may take a number of weeks to completely resolve but is markedly improved by 7-10 days.
- **Arnica Montana** helps reduce bruising and **Bromelain** reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.

Your post-op appointments:

Pain Management Prescription: _____

Antibiotic Prescription: _____

If you have any questions, please call the office @ 973-394-1815.