

POSTOPERATIVE CARE-OUTPATIENT SURGERY BLEPHAROPLASTY (EYELID SURGERY)

- **Your first 24 hours**

Someone should stay overnight with you.

- **Wound Care**

Apply antibiotic eye ointment to the incision lines every few hours while awake. If there is dried blood involving the incision, it is helpful to gently cleanse with a moistened Q-tip.

- **Ice**

Iced sponges help tremendously after eyelid surgery.

- **Dryness**

After surgery you may notice that your eyes feel dryer than normal. This usually subsides in a matter of days to weeks. Until then, use artificial tears to comfort and protect the eye surface.

- **Sensitivity and Vision**

Your vision may initially be slightly “blurry”. This will resolve in a few days. Report any significant change in vision to us immediately. Your eyes may also feel sensitive to light for several days. These are common occurrences and should not alarm you.

- **Numbness**

Expect some numbness along the lash lines. A normal occurrence, this usually disappears

- **Bleeding**

Minor bleeding from the suture line is common, especially in the first 24 hours. We like to apply wet ice gauze compression to the eyes, which absorbs minor oozing. Contact us immediately for significant bleeding, particularly if it occurs on one side. We recommend gently cleaning the wound with a moistened Q-tip if needed.

- **Swelling**

Expect some swelling and bruising around the eyes. Swelling may actually be worse 2-3 days after surgery than it is immediately after the operation, and is generally worse when you first arise in the morning. Sleep with your head elevated above your heart. Some patients may bruise more than others and some even get “red eyes”, which is simply bruising that extends into the conjunctiva. Please let us know if there is sudden and increased swelling on one side. This is especially crucial if the swelling is also associated with pain.

- **Scars**

The scars will become almost invisible when they turn white. This usually happens 4-12 months after surgery.

- **Medication**

Remember to avoid certain medications that may lead to bleeding such as aspirin, Motrin, vitamin E, and Advil. Limit use of pain medication as much as possible. Use over the counter stool softener as needed.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, let us know as soon as possible. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Driving**

No driving for at least 72 hours.

- **Contact Lenses**

No contacts for the first 10 days.

- **Makeup**

After the sutures have been removed, use a sunscreen with a skin-protection factor (SPF) of at least 15 on your eyelids when outside, and continue to do so for at least 3 months after surgery. You may apply makeup in addition to sunscreen on your eyelids two days after the sutures are removed.

- **Activities**

Most people feel nearly normal within a day or two after eyelid surgery (except for the eyelid itself). You can return to work as desired, provided your job does not involve any heavy lifting or straining. Do not exercise for at least 3 weeks after surgery. This will avoid any additional swelling or bruising. You may resume swimming in one month.

- **Front Office Visit**

An appointment will be made for you to return to our office 5-7 days after surgery for suture removal.

- **Contact us**

Report any significant change in vision, swelling on one side more than the other, or severe pain to our clinic immediately, 859-254-5665.