

# Blepharoplasty

## Post Operative Instructions

### Wound Care

- Keep the surgical site clean and dry. You may wash your face like normal, pat dry afterwards.
- Apply prescribed ointment (e.g., antibiotic ointment) to the incisions as directed.
- Avoid rubbing or putting pressure on your eyes to prevent strain on the healing eyelid skin.
- You will have stitches that will be removed at your 1-week post op appointment.
- **DO NOT SMOKE**

### Swelling and Bruising

- **Ice packs:** Apply cold compresses or ice packs to the area around your eyes to reduce swelling and bruising for the first 48 hours. This should be done about 5-10 minutes on/off.
- While resting or sleeping, keep your head elevated using pillows to help minimize swelling.
- You may take Arnica (pill) to help with bruising or apply Arnica gel.

### Medications

- Take prescribed medications as directed. This may include pain relievers or antibiotics to prevent infection. Pain medication can cause constipation, drink plenty of fluids and you may start a stool softener.
- Use eye drops or ointments as prescribed for dry eyes or lubrication.

### Avoid Strain

- Avoid strenuous activities such as heavy lifting, bending, or vigorous exercise for at least 2-3 weeks.
- Do not engage in activities that cause your eyes to strain, such as watching TV or reading for long periods.

### Sun Protection

- Wear **sunglasses** with UV protection when outside to shield your eyes from the sun and wind.

- Apply sunscreen around the eyelids once healed (typically after 1-2 weeks) to avoid pigmentation changes.

**CALL THE OFFICE AT 601-987-6581 IF YOU HAVE:**

- Excessive bleeding or drainage
- Severe pain or a sharp increase in swelling
- Difficulty seeing or vision changes
- Fever greater than 100.4 or signs of infection (redness, warmth, or discharge)

Recovery usually takes around 1-2 weeks for the majority of swelling and bruising to subside, and about 4-6 weeks for full recovery.