

blepharoplasty (eyelid surgery) instructions



Before your surgery:

Please follow all the preoperative instructions outlined in the General Preoperative Instruction Sheet carefully. Avoid any aspirin-containing or aspirin-related products as well as herbal medications and nutritional supplements as outlined in the Preoperative Instruction Sheet.

After your surgery:

1. Please follow the Postoperative Instruction Sheet carefully.
2. Blepharoplasty usually causes little if any postoperative discomfort. If you notice any significant sharp or dull pain that persists, notify the office immediately.
3. As recommended, use cold compresses (a bag of frozen peas or corn) over your eyes for 20 to 30 minutes six times per day as tolerated. This only helps for the first two days.
4. Clean the incision line with hydrogen peroxide first, then apply Bacitracin ointment over the incision. **YOU SHOULD ONLY DO THIS FOR THE FIRST WEEK AFTER SURGERY, NOT LONGER.** (If you had a transconjunctival [incision inside the eyelid and not on the skin] blepharoplasty, you may not have any incisions at all on which to apply ointment, so skip this step.)
5. You may use your eyes for reading or television viewing as frequently as you wish.
6. Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.
7. Do not use mascara, eyeliner or eye shadow until approved by us (usually 10-14 days). Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
8. Any apparent redness of the whites of the eyes is only a form of bruising and will subside during the early healing process.
9. Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by our office.
10. It is not abnormal to feel any slight itching and tightness of the eyelids during the early healing period.
11. **DON'T TAKE ANY CHANCES!** If you are concerned about anything you consider significant, please do not hesitate to contact us.