



## **Blepharoplasty**

### **Post – Op**

#### **General Instructions:**

- For the first 3 days apply cool compresses to your eyelids. The surgeon will give you instructions on the type of fluid to use with your compress.
- Keep your head elevated to approximately 45 degrees for the first week.  
Dark glasses are suggested for a period of one week to prevent irritation from sun and wind and to rest the eyes, even when indoors. This also helps to hide the bruising.
- You may resume reading 2 - 3 days post operatively.
- Avoid smoking for a minimum of 48 hours after your procedure. This will decrease the possibility of coughing that may trigger bleeding.
- Sutures are normally removed within 4 - 5 days after surgery.
- No alcohol for 1 week after surgery.
- Limit lifting, pulling, pushing, straining (including in the bathroom) for at least 7 days. Avoid bending over to pick things from the floor for one week.
- If you experience dry eyes, you may use over the counter artificial tears. Do not use products like Visine.

#### **You can expect:**

- Moderate discomfort, which should be relieved with the pain medications.
- Moderate swelling.
- Black and blue discoloration.
- Possible bloodshot eyes.
- Slight oozing from the wound edges.

#### **Call the office if you experience:**

- Severe pain not responding to the medications.
- Excess swelling, or obviously more swelling on one side than on the other.
- Significant changes in vision (anything more than mild blurring).
- A fever.
- Call if you have any questions.