

Blepharoplasty

Post-Operative Instructions

Dr. Christopher Ewart

Activity:

For the first 24 hours, rest is absolutely necessary. Sleep with your head elevated on a couple pillows for the first week. You will need to move about the house to promote circulation in your legs, for example, getting up to go to the restroom or kitchen. Refrain from bending over.

Dressings:

You will have blue sutures on your eyelids that are taped down by steri-strips. If the steri-strips fall off, it is ok and you do not need to replace them. You will be sent home with a wrap that covers your eyelids. There are pockets in it that you can put ice bags in to reduce swelling and bruising. Leave the wrap on your eyes for 20-30 minutes at a time and then remove them for 10 minutes. Repeat this for the first 24-48 hours after your surgery. Any bruising you have should resolve in 10-12 days.

Eye Drops:

Use artificial tears in eyes 4 times a day and apply ointment to incisions at bedtime. For lower eyelid incisions, you can apply ointment onto a q-tip and then gently onto the incision. If you have an internal incision, you do not need to apply ointment.

Showering:

You may get in the shower after 24 hours. Let the water gently wash your lids but avoid vigorous rubbing around the eyes.

Postoperative Office Visits:

You will usually be seen within one week. If you have sutures, they will be removed. Dr. Ewart will inform you then when you will need another follow-up appointment.

Driving:

You can typically drive within the week of your procedure if you have stopped the pain medication and the swelling is not interfering with your vision.

Complications:

Occasionally, swelling may cause the eyes to completely shut. This is temporary and will subside. Cold compresses and elevation will help. Avoid excessive salt intake during your recovery period. Should you notice any bright red blood, foul smelling drainage, fever > 101.5° F, or any pain unrelieved by medication, please contact our office.

Exercise:

During the first postoperative week activity should be kept to a minimum. Keep your head elevated and try not to bend over often. Over the following 2-3 weeks, light exercise may be gradually increased. Light exercise includes walking, light stretching, and stationary bike activity. However, strenuous activity should be avoided until 4-6 weeks, as it may increase facial swelling and bleeding.

Vision:

Temporarily, you may experience some irritation to the eyes or blurry vision during the first week after surgery. Using the eye drops as prescribed will help. Due to swelling, please refrain from wearing contact lenses until after your first post-op appointment. You may wear glasses. It is important to avoid smoke as it can irritate your eyes and impede healing.

If you have any questions or concerns during your recovery,
please contact the office at 706-724-5611.