

**BLEPHAROPLASTY POST OPERATIVE INSTRUCTIONS**

Bruising and swelling in the eyelid region are normal. To help alleviate any discomfort, and to reduce swelling, you may apply cool compresses to your eyes. Do not apply ice or anything frozen directly on the skin. Use frozen peas or corn or ice packs. You may also soak plain, soft, white washcloths or gauze squares in cool water and wring out well. Apply directly to the eyelids, but do not apply any pressure. Apply cool compresses for 20 minute intervals during the first two days. After two days, continue ice compresses as needed.

You may shower 24 hours after surgery. Pat the area dry, but do not rub.

Avoid bending over (keep upright) for the first 48 hours after surgery. Avoid rigorous activities for 2 weeks.

If you had lower lid surgery, call the office for instructions if our lower lid appears to be retracting away from your eye.

If you had steristrips (tape) placed, keep in place until your next clinic visit.

Sleep in an upright position in a recliner or on multiple pillows.

Do not wear contact lenses or eye makeup for at least 10 days.

Take the pain medications as needed. No alcoholic beverages or driving while taking narcotics.

Tightness in the eyelid region and difficulty closing your eyes are normal. You may have blurry vision, dry eye, burning, watery or itchy eyes. You may use saline tear drops in your eyes.

Keep your incisions clean. Your incisions will seep fluid and some blood for a short time after surgery. A cotton swab soaked in warm water is appropriate for cleansing the incisions. Do not remove any crusting near your stitches.

The use of Arnica will reduce swelling and bruising.

Avoid aspirin or ibuprofen containing products for 2 weeks after surgery.

**CALL THE OFFICE AT 214-823-9652 FOR THE FOLLOWING:**

* + **YOU HAVE A FEVER OVER 101.5**
  + **YOU HAVE A SUDDEN INCREASE IN SWELLING**
  + **YOU HAVE UNUSUALLY SEVERE PAIN**
  + **THERE IS REDNESS OR THICK DRAINAGE AROUND ANY OF THE INCISIONS**
  + **YOU EXPERIENCE A CHANGE IN YOUR VISION**

**CALL 911 IF YOU EXPERIENCE A TRUE MEDICAL EMERGENCY**