

BLEPHAROPLASTY POST-OPERATIVE INSTRUCTIONS

1. **WOUND CARE:** Apply ophthalmic ointment twice a day.
2. **STITCHES:** The sutures are removed 5 to 7 days post-op.
3. **REST AND ELEVATION:** You should rest on your back with your head elevated on 2 to 3 pillows.
4. **ICE:** Ice should be applied to your eyes for the first 2 to 3 days post-op. This will reduce the amount of swelling and bruising. A bag of frozen peas works well as an ice pack.
5. **SWELLING:** The swelling subsides rapidly in the first 14 days after the operation and more slowly thereafter. Trace swelling may persist for 4-6 weeks.
6. **BRUISING:** The amount of bruising varies from almost none, to quite a bit and it depends mainly on the individual patient. The length of time it takes for the discoloration to disappear is basically the same as the time it takes for bruises to resolve elsewhere on your body. **REMEMBER – DO NOT TAKE ANY ASPIRIN-like compounds in the two weeks prior to and following surgery.** Be sure to tell me if you have a history of bruising easily or bleeding excessively.
7. **PAIN MEDICATION:** Take your pain medication and antibiotics as directed in the post-op period. You will need to eat before taking the pain medication.
8. **SMOKING:** Do not smoke after surgery. If you do smoke, you dramatically increase the risk of complications.
9. **MAKEUP:** Cosmetics may be applied after your sutures are removed.
10. **OTHER:** If you have any questions or problems, please phone 936-539-8115.