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Blepharoplasty *Eyelid Surgery*

In addition to the general post-operative instructions you have been given, please follow these specific instructions for your procedure.

- 1. Ice Packs:** Ice packs (frozen peas in ziplock bags) should be applied to the eyes as soon as you return home from surgery. Ice packs should be applied in 20-minute intervals (20 minutes on, 20 minutes off) while you are awake for the first 2-3 days after surgery. This will decrease the swelling and discoloration. **DO NOT** put ice packs directly on eyelid skin, place gauze or a washcloth between your skin and the ice pack. You may find it helpful to tie a scarf around your head to secure the ice packs.
- 2. Incisions:** Clean incisions with a gauze pad or cotton tips using tepid water to remove any crusts that may form. Apply a thin layer of the Lacrilube ointment to the suture line. **DO NOT** pull on the area, but pat gently. This should be done 3 times per day, especially during the first 48 hours following surgery. Continue to clean the incisions until the sutures are removed.
- 3. Bathing:** You may begin bathing 4-5 days after surgery. Special care should be taken to keep your dressings dry while showering and washing your hair. If your dressing gets wet, remove it and replace it with a dry dressing. For the first two weeks please bath with lukewarm water only.
- 4. Medications:** Tylenol or the pain medication that was prescribed by our office may be taken for pain or burning. **DO NOT** take aspirin products or anti-inflammatory medications for 2 weeks after surgery. Slight burning, blurred vision and discomfort are common for the first 24 hours. ***In the case of undue pain or swelling, contact our office immediately.***
- 5. Contact Lenses:** Lenses may be worn 7-10 days after surgery.
- 6. Healing Process:** Maximum swelling and bruising will occur 48 hours after surgery with the majority usually being absorbed within 10-14 days. Sutures will be removed 3-6 days after surgery. The final outcome will be evident in 3-6 months.