



POST-OPERATIVE INSTRUCTIONS: BLEPHAROPLASTY

- Since you have just undergone a major surgical procedure, please use good common sense, use your best judgment and do not ignore signs from your body.
- You may gently cleanse the incision lines daily with hydrogen peroxide diluted with water ($\frac{1}{4}$ hydrogen peroxide, $\frac{3}{4}$ water), and cotton pads or Q-tips. Apply Vaseline ointment twice daily to the incision lines in order to avoid excessive crusting to the incision. Do not apply any other ointments or medications to any other areas unless prescribed.
- Excessive exposure to sun (including sun tanning parlors) in the first three (3) weeks after surgery may result in prolonged facial swelling and injury to the skin and should be avoided. Thereafter, you should always protect your skin with a strong sunscreen in order to decrease the inevitable aging effects of the sun on your skin. We offer a sunscreen product with a full line of maintenance skin care products.
- No dressings are applied to the eyes following surgery. It is important to continuously keep cold compresses on your eyes. A bag of frozen peas works best. Continue cold compresses over the eyelids for two (2) days, then switch to moist, gentle heat for the remainder of the week.
- Apply Vaseline to incision lines to keep the wounds clean of crusting.
- Sleep with your head elevated for (1) week.
- Apply sterile saline eye drops, such as Artificial Tears, to your eyes if they feel dry or irritated.
- Occasionally, small areas of swelling and/or reddish bumps are seen on or around incision lines; these disappear as healing progresses.
- Swelling, bruising, and redness of varying degrees may occur. They last for approximately two (2) weeks.
- Avoid bending over or lifting heavy objects for one (1) week. No strenuous exercise for at least four (4) weeks.
- Sutures will be removed in approximately ten (10) days.
- Do not apply any makeup to the eye for the first ten (10) days.
- Do not wear contact lenses for ten (10) days. Wear glasses, if necessary, being sure they do not pull on the incision line.
- Do not pluck or wax eyebrows for two (2) weeks following surgery.
- Report any eye pain or change in your vision to the office.