



POST-OPERATIVE CARE

EYELID SURGERY (BLEPHAROPLASTY)

These are the specific instructions for your eyelid surgery (blepharoplasty). Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

Caring for the Area & Daily Activity

- ◆ You may shower and gently wash your face and hair on Day 2.
- ◆ Apply ice packs to the eyes and cheeks for the first 3–4 days to reduce swelling and bruising.
- ◆ Sleep on your back with your head elevated; avoid rubbing or pressing on your eyes.
- ◆ Limit screen time and reading for the first few days to rest the eyes.
- ◆ Wear sunglasses outdoors to protect against sun and wind.
- ◆ Dark glasses are suggested for a period of one week to prevent irritation from sun and wind and to rest the eyes, even when indoors. This also helps to hide the bruising.
- ◆ Sutures are normally removed 5–7 days after surgery.
- ◆ If you experience dry eyes, you may use over the counter artificial tears. Do not use products like Visine.
- ◆ The ointment will be given to you at the time of surgery. Apply a thin strip of eye ointment to the suture lines 3–4 times during the day to keep incisions moist. This is a small tube but it will last you a full 5–6 days.

You can expect:

- ◆ Bruising and swelling around the eyes for 1–2 weeks.
- ◆ Temporary blurred or double vision, watering, dryness, or sensitivity to light.
- ◆ A tight feeling when closing your eyes in the first few days.
- ◆ Possible bloodshot eyes.

Call the office if you experience:

- ◆ Significant changes in vision (anything more than mild blurring).

As time goes by and you are healing, the following guidelines apply:

- ◆ Swelling, bruising and soreness could take up to several weeks to dissipate.