



In-Office Blepharoplasty (Eyelid Surgery) Aftercare Instructions

Immediately after the procedure: You will be given iced saline pads to put on your eyes which will help minimize swelling and bruising. Your vision will be blurry due to the eye ointment that was placed on your eyes after the surgery. You may also notice that tears run down your cheeks, which is due to swelling and will subside during the first week following surgery.

Wound care: Clean the sutures with a Q-Tip dipped in saline water and then apply the prescription antibiotic ointment (Erythromycin ophthalmic) to sutures TWICE A DAY. Sutures that have been kept lubricated with ointment are less painful to remove. Begin using the artificial tears at least 4 times a day. If lower eyelid surgery was performed, apply the prescribed ointment (Tobradex Ophthalmic) inside the lower eyelid AT BEDTIME. Ointment inside the lower eyelid will make vision blurry, so do this immediately before getting into bed.

Ice after eyelid surgery: Lightweight icing for the first 24-48 hours after surgery is recommended. Keep ice-water soaked pads on eyes, changing pads every 20-30 minutes. A glove with ice and cool compresses are the preferred methods. Apply 15 minutes at a time. Never apply ice directly to the skin. Icing after this period can be used for comfort. A small bag of frozen peas or corn may also be used on top of the eye pads. Make sure the bag is not placed directly on the skin. Use a washcloth or towel between the bag and your skin. Puffiness and bruising around the eyes can occur but if present, usually regresses quickly over the next few days.

Activity: Sleep on your back with 2-3 pillows for one week. You are encouraged to walk about the house, but if you over exert yourself, bleeding or prolonged swelling may result.

Avoid: Bending over, picking up heavy objects, or straining of any kind. Avoid excess sunlight. Even a mild sunburn may cause prolonged swelling or irritation of the healing incisions. Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing. Alcohol consumption should also be limited as this may raise the blood pressure and initiate bleeding.

DO: Drink plenty of fluids. Keep your emotions under control, as it is not unusual to feel a bit depressed for a few days after surgery. This quickly passes as you begin to look and feel better. Anger, crying, or other emotional outbursts will only add to the swelling or increase the likelihood of bleeding.

Nausea: Small amounts of food 20 minutes before taking postoperative medications can prevent nausea. Delay food and medications if you vomit or feel nauseated, Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. Discontinue pain medications until nausea passes. If these symptoms persist, call for anti-nausea medications, as subsequent vomiting may be harmful and lead to complications.



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Bathing: With assistance, you may bathe in a tub. Refrain from showering or washing your hair until day 2. This is to protect the sutures from getting wet. You may carefully wash your face with mild soap (Lowila, Cetaphil, CeraVe) and a clean washcloth or cotton balls. Avoid irritating any of the incision lines. Keep them from crusting with a light coating of prescribed antibiotic ointment. You may slowly resume your activities beginning the first week. Let your body tell you how much to do.

Optimal scar management: Drs. Lieberman & Parikh recommend an initial set of strategies to help minimize the risk of scar formation. This includes the use of a new generation liquid silicone gel - Strataderm. This should be combined with UV protection of the incisions and hydration.

Makeup: Makeup can be started 12 days after surgery along your incisions to camouflage any bruising or redness. If there is bruising that is not on your incisions (cheeks, bottom of neck), it is okay to camouflage that one week after your surgery.

Call the office if you develop any of the following:

- Fever of 101 degrees F or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns

Here is our office telephone: (650) 327-3232. If you need to reach us after normal clinic hours, use the same number and you will be connected to our 24-hour answering service.

I HAVE READ THIS DOCUMENT. IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: ____ / ____ / ____

Print Patient Name: _____

Witness Signature: _____ Date: ____ / ____ / ____