

BLEPHAROPLASTY / EYELID SURGERY

POST-OPERATIVE INSTRUCTIONS

General Instructions

- Sleep with your head elevated to help with swelling. Sleeping with several pillows or a wedge pillow.
- Apply soft, cool compresses to your eyes. Apply for 20 minutes and then remove for 20 minutes. This should be done for at least 3 days. Do not apply ice or frozen products directly to skin as this may cause skin injury.
- No strenuous activity for 3 weeks. No running, biking, lifting weights, contact sports, swimming, golfing, etc. However, walking at least 6 times a day is recommended for general well-being and prevention of blood clots. You may need assistance when walking at first to prevent falls.
- Do not lift over 3 lbs for 3 weeks. Avoid bending over for 3 weeks.
- Drink water to stay hydrated.
- Eyeglasses can be worn after your surgery if you need them. Sunglasses are always a good idea after your surgery to conceal your wounds. Contact lenses can be inserted after a 2-week period, but only if your eyes don't feel dry.
- Try to avoid sun exposure for 6 weeks. Apply sunblock with at least 30 SPF or higher after incisions are healed.

Medication Instructions

- Take medications as prescribed.
- Tylenol is recommended as the primary pain relief medication. Check the label on your bottle to remain aware of dosages. Opioids can be used for breakthrough pain. They should be weaned within 1 week. Some patients only require Tylenol, but everyone is different. No more than 3 grams of Tylenol should be taken in 24-hour period.
- You may develop constipation when taking opioid pain medications. Continue drinking plenty of fluids. Take Colace twice a day starting on day 1. You may take your preferred over the counter bowel regimen as well. You should have regular bowel movements. You should avoid straining.
- Do not drive while taking any opioid pain medication. Use caution with opioid medications as they have addictive potential. Do not use other sedative medications, sleep aids, or alcohol in the post-operative setting.

Wound Care and Dressings

- You may take a bath or shower 72 hours after surgery. Keep your back towards the shower head. You may let water gently run over your wound. Gentle baby shampoo is preferred. Do not rub or scrub near the eyes.
- No pools, hot tubs, or submerging in bodies of water.
- If steri-strips are covering your wound, leave these in place. If they fall off, you may leave them off.
- Do not pull or trim any visible suture strings. Do not pull on steri-strips.
- Use over the counter eye drops for eye hydration. Apply 2 drops to each eye four times a day and before bed.
- Lubricating eye drops options: Refresh tears, Systane Lubricant Eye Drops, Artificial Tears, or Visine

Call us if...

- If you are unable to keep fluids or medications down due to vomiting.
- If you have shaking chills, fever greater than 101.5 (F) degrees or 38 (C) degrees, increased redness, swelling or discharge from incision, chest pain, shortness of breath, or anything else that is troubling you.
- For questions outside clinic hours, call the main hospital line 617-667-7000. Ask to speak with plastic surgery.

Purchases to consider

- Tylenol: based on your preferences
- Lubricating eye drops are essential
- Miralax or other bowel regimen to have on hand if you develop constipation
- Baby shampoo for gentle hair washing in the initial post-operative period
- Well balanced diet including vegetables and protein for the healing period

Follow up

- Your first clinic follow-up after surgery will be within 1 week. If you do not have an appointment scheduled, please call the clinic to schedule an appointment. At your clinic visit, the dressings and sutures will be removed.
- Please contact your doctor for any serious change in your symptoms, or any new symptoms that concern you.
- The Plastic Surgery Clinic phone number is: 617-632-7827