

Blepharoplasty (Eyelid Surgery) Post Operative Instructions

- **ICE:** Ice packs or ice to the sponges help tremendously after eyelid surgery. A bowl of ice cubes and several sponges at the bedside can soothe sore areas during the first day or so. It is more important to sleep and to have ice on your eyelids, so don't "stay up" in order ice. When you do awaken, apply some ice for a few minutes before going back to sleep.
- **POSITION:** Keeping the head elevated will reduce swelling. We recommend sleeping in a recliner if available.
- **BLEEDING AND CLOTTED BLOOD:** If you bleed from one of the suture lines, apply pressure with a sponge for 10 to 20 minutes, and it will almost certainly stop. If dried or clotted blood is stuck to the sutures or along the suture line, we advise gentle cleansing with peroxide or soap and water.
- **SUTURES:** Dr. Meeks will remove sutures 4-6 days after surgery, and will place adhesive strips (Steri-Strips) over the part of the incisions that extends outward from your eyelids. These remain in place for several days.
- **SUNSCREEN AND MAKEUP:** After the sutures had been removed, use a sunscreen with a skin-protection factor (SPF) of at least 15 on your eyelids when outside, and continue to do so for at least 6 months after surgery. You may apply makeup in addition to sunscreen on your eyelids the day after the sutures are removed.
- **ACTIVITIES:** Most people feel nearly normal within a day or two after eyelid surgery (except for the eyelid itself). You can return to work as desired, provided your job does not involve any heavy lifting or straining. Do not do aerobic or heavy exercise for at least 3 weeks after surgery in order to avoid excessive swelling or bleeding.

SPECIFIC AS YOU HEAL INFORMATION

- **DRYNESS:** After surgery you may notice that your eyes feel drier than normal. This usually subsides in a matter of days to weeks. Until then, use artificial tears to comfort and protect the eye surface.
- **SENSITIVITY AND VISION:** Your eyes may feel sensitive to light for several days and your vision may blur for a week to 10 days. These are common occurrences and should not alarm you.
- **NUMBNESS:** Expected some numbness along lash lines. A normal occurrence, this usually disappears within several weeks.
- **SWELLING:** All swelling will not disappear for several months. During this period, the eyelids will feel heavier and thicker than normal.
- **SCARS:** The scars will become almost invisible when they turn white. This usually happens 7-12 months after surgery.
- **EYELIDS STICKING TOGETHER:** Occasionally, the upper and lower eyelids will stick together the night of surgery. Use a moist Q-tip to open them gently.