



## INSTRUCTIONS

### Blepharoplasty

- During the first 24 hours after surgery, it is common to have a painful or burning sensation in one or both eyes. Please follow these directions to alleviate discomfort:
  - Place cold compresses over the lids (keeping the eyes closed). Do this for 10 minutes at a time (10 min on, 10 min off) for the first 3 days after surgery. You may use cold compresses provided or a clean Ziplock bag filled with crushed ice. Always use a piece of gauze (provided in the Post-Operative Care Package) between the cold compress and your skin.
- Beginning the day after surgery, clean the incisions two times a day (morning and evening) using Q-Tips provided dipped in hydrogen peroxide provided to gently wipe away any dried blood. Be careful to avoid getting hydrogen peroxide in the eye.
- After cleaning the incision with a Q-Tip, apply a thin layer of erythromycin ointment to the incision.
- **During the first week after surgery, it is common to experience dry eye sensation.**
  - Lubricating eye drops (preservative free Refresh) can be applied every hour
  - Systane Nighttime lubricating ointment can be applied directly to the eyeball at night prior to bed
- Please do not use contact lenses for 2 weeks or until cleared by Dr. Alemi