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## **Blepharoplasty / Eyelid Lift : Follow up appointment schedule and general care instructions**

Follow up appointments: 1 week, 1 month, 3 months

### **Day 1- 6**

Cold Compresses 20 mins every hour for first 24-48 hours  
Head and leg elevation while in bed or resting  
Antibiotic ointment to incisions every 8 hours First 6 days post op  
Walk every 2-3 hours  
Take medications as directed

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort or loss of vision

### **1 week**

First Post op visit- wound check & suture removal

### **2 weeks**

May resume wearing contact lenses  
May resume wearing make up  
May resume light exercise

### **1 month**

Second post op visit  
May resume full exercise —advance as tolerated

### **3 months**

Third post op visit- Photos Taken  
Schedule CO2 laser for fine wrinkles if indicated



### Blepharoplasty Post Op Instructions : Expanded

On the day after surgery, start applying prescribed Bacitracin ophthalmic ointment on the eyelid incision lines with a Q-tip 3 times per day. Apply just enough to keep crust from forming on the stitches and to keep the area from feeling tight. Avoid rubbing your eyes. Try not to get ointment into your eyes.

After surgery, it is best to go to bed and elevate your head and shoulders on at least 2 pillows. Apply cold compresses to your eyes as much as possible during the day for the first 48 hours to reduce the amount of swelling you have after surgery. Swelling will peak in 48-72 hours. If your eyes burn or remain partially open when sleeping, apply the REFRESH PM ointment inside the eyelids at night as long as needed. This will make your vision blurry but it will clear as the ointment is absorbed. Use REFRESH PLUS eye drops during the day as often as needed to keep your eyes moist and comfortable.

You can expect some swelling of the eyes after surgery. If the swelling on one side is more pronounced than on the other side, if you are **having pain that is not relieved by the pain medication, or if there is a loss of vision, call Dr. Stile immediately.**

Contacts may be worn when the eyes start feeling normal and the majority of swelling has gone away. This is approximately one week after surgery. If it is necessary to pull down or up on your eyelids to insert them, they should not be worn for 10 days. Glasses may be worn until then.

You may begin washing your face on the second day after surgery. Be gentle and use a mild soap (Ivory or Neutrogena) and rinse well with water. Avoid rubbing your eyes. It will not hurt to get water on the sutures or in the eyes.

Eyelid or eyelash cosmetics should not be worn until 1 week after all eyelid sutures have been removed.

**DO NOT SMOKE. THIS IS VERY IMPORTANT.** Take all medications as directed.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun and tanning booths should be avoided and use a sunscreen with SPF 15 with a UVA and UVB protection for at least 6 months. The incision scars can be massaged with a moisturizing cream, vitamin E, or, aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.

For the first week facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum. Strenuous activity and lifting of objects greater than 10 lbs. should be avoided for 6-8 weeks. Keep your heart rate below 100 beats per minute. Normal activities can be gradually resumed after 2 weeks so that at the end of the third week you will be back to normal daily activities.

Tightness of the eyelids is a normal feeling after the surgery. This may make it hard to close the eyelids completely. They will relax with time. Tearing often occurs after surgery. This will cease as the swelling subsides. Swelling usually peaks in 48-72 hours and sometimes causes the lower lid to pull away from the eye. This is normal and will subside. Red discoloration of the whites of the eyes may occur if there is a lot of swelling. This is painless, will not harm your vision, and will disappear completely. There may be a feeling of numbness that will eventually subside.

The incision on the upper eyelid will feel raised for several months. You can help massage the area after all sutures have been removed and the skin has healed. Eventually the raised line will go away and the incision will be hardly noticeable.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

If you develop a fever (oral temperature greater than 100), redness and/ or increased pain at the surgical incision sites, please call Dr. Stile immediately.