



Blepharoplasty (Eyelid Surgery) Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We're with you every step of the way:

- Week 1: Suture removal + healing check
- Week 4: Progress evaluation
- Week 12-16: Final Result evaluation and photographs

Before Surgery

To ensure a safe and seamless experience:

- Continue taking Arnica and your regular medications unless instructed otherwise.
- If undergoing anesthesia, our anesthesiologist will provide custom instructions the day before your procedure.
- Avoid aspirin, ibuprofen (Advil), NSAIDs, fish oil, and omega-3s for 10 days prior, unless cleared by Dr. Wingate.

Plan ahead: Arrange for someone to drive you home and assist you for the first couple of days.

What to Expect After Surgery

Physical Activity

- No lifting over 8 lbs (a gallon of milk) for one week.
- Avoid vigorous exercise like running or jumping for 2–3 weeks.
- Light walking and gentle activity are encouraged as tolerated.
- Most patients feel comfortable returning to work (desk jobs) within a few days.

Swelling & Bruising

- These are normal and may last 1–2 weeks. You may want to delay social or work obligations depending on your comfort.

Showering

- You may shower the day after surgery using a gentle, fragrance-free cleanser.
- Do not apply creams, lotions, or makeup to the incision area until cleared by Dr. Wingate.

When You Get Home

- Keep your head elevated as much as possible to reduce swelling and bruising.
- Apply the provided ice packs (with a barrier between the ice and skin) for 15 minutes on, 15 minutes off, as often as comfortable during the first few days.
- Ice and rest are your best allies in minimizing discomfort.

Discomfort Management

- Please fill all prescriptions before surgery, so they're ready for you at home.
- Most patients only require Advil + Tylenol by day two.
- Ice and rest are your best allies in minimizing discomfort.

Healing Milestones

- Swelling and bruising are a normal part of your healing process.
- Your sutures will be removed at your 1-week visit.
- Expect steady improvements over the following weeks.

When to Contact Us

Please call our office if you experience:

- Changes in vision
- Active bleeding that doesn't slow with head elevation and ice
- Swelling that is asymmetrical (one side significantly larger than the other)
- Pain unrelieved by rest, ice, or medication

- Redness or swelling extending beyond the incision

Your experience at Wingate Plastic Surgery is designed to be seamless, comfortable, and restorative. We're honored to be a part of your aesthetic journey. If you have any questions or concerns, don't hesitate to reach out.