



Post-Operative Instructions Blepharoplasty

General Instructions

- Use 2–3 pillows or a wedge pillow to elevate your upper body at a 45° angle when sleeping
- No bending over at all
- Try to avoid coughing and sneezing aggressively
- You may shower 24 hours after your surgery (pat face dry)
- Use Refresh Eye drops to hydrate your eyes 10x per day
- Use Systane Gel in both eyes each night for 10-14 days
- Use antibacterial/steroid drops if ordered (Tobradex 2 drops per eye 2-3 times daily for 5 days)
- Use ice packs on your eyes for three days. 20 minutes at time
- Keep incisions clean and inspect daily for signs of infection
- No lifting greater than 5lbs for 2-4 weeks
- No makeup until approved by Dr. Politis (usually 10 days post op)
- Avoid exposing scars to sun for at least 12 months
- Use sunblock once healed SPF 30 or greater
- Wear dark sunglasses when outdoors

Contact Us

- If you need to speak to a member of our care team, please call or text the office at **(813) 542-2587**.
- Urgent text messages received outside of regular business hours will be answered as promptly as possible during reasonable waking hours.
- Outside of regular business hours the answering service can contact the physician on your behalf for emergencies.