

Blepharoplasty (Eyelid Surgery) – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk 10 minutes every hour.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared at the six week mark.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Swelling & Bruising

- Swelling and bruising are normal and may persist for several weeks.
- Cold compresses may be used during the first 48–72 hours as directed.

Incision Care

- Keep incisions clean and dry with soap and water. Do not soak incisions. Do not apply any dressings.
- Showering is typically permitted within 24–48 hours unless otherwise instructed.
- Avoid direct sun exposure to incisions for at least 6 months. Wear sunglasses.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Significant asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Eye Care

- Use prescribed and recommended lubricating eye drops as directed. Read the prescription bottles for instructions.
- Ointment may cause temporary blurred vision and is typically used at night.
- Avoid rubbing the eyes.
- Sleep with head elevated at approximately 30–45 degrees.

Expected Recovery

- Mild tearing, dryness, tightness, and temporary blurred vision are common.
- Sutures are typically removed within 5–10 days.

- You can return to work in 1 week. You can drive in 1 week. You can go on road trips and fly in 2 weeks.