



Post-Op Instructions: Blepharoplasty

1. Non-Strenuous activities or exercise for the next 6 weeks.
2. You can expect a great deal of bruising and swelling after surgery. It is normal to have swelling in the face. Keep cold compresses on the eyes (Gently!) on and off for the first 48 hours after surgery. It can be done with cold wash cloths or ice packs.
3. Keep your head elevated the evening after surgery and for the first two weeks following surgery. This can be achieved by sleeping with two pillows underneath the head or by using a recliner tilted at 45 degrees. Sleep on your back and avoid rolling onto your face for the first two weeks after surgery.
1. No aspirin or alcohol for 2 weeks after surgery (increases bleeding). Do not drink alcohol while taking pain medication (this combination can be deadly).
2. No smoking for the entire period of recovery. Smoking can affect healing.
3. A low-grade fever (less than 101) is normal for the first 48 hours.
4. Take or apply medication as prescribed. Apply over the counter Neosporin or Aquaphor healing ointment to suture lines 2 x daily after surgery Do not apply any lotions (other than what was prescribed) until cleared by Dr. Markelov.
5. Showering: You may shower 48 hours after surgery. No vigorous face washing, only clean running water over the face.
6. Notify the doctor immediately if there is an increase in pain, discomfort, bleeding or fever, observed wound opening, redness or heat and discharge (pus).
7. In case of a true emergency, such as loss of consciousness, difficulty breathing, or chest pain, call 911 immediately.

