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**POSTOPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY**

1. *Please plan to not drive for 24 hrs after surgery. This is due to the sedation used during surgery. Limit activities as needed to control pain and swelling.*
2. *Start with a liquid diet when you get home. You may switch to a soft diet as soon as you feel you can tolerate food and progress your diet as tolerated.*
3. *Please keep cold compresses on your eyes for the first 24- 48 hours. This will help with swelling and bruising. Swelling and bruising are expected. Excessive or uneven swelling (more on one side than the other) should be reported to the office. Pain on one side not relieved by the medication should also be reported to the office.*
4. *Take the prescribed pain medication as needed. Do not take pain medication on an empty stomach. Alcohol must not be taken while on pain medication. You can use Tylenol for the pain if you prefer.*
5. *Sleep on your back with your head elevated, as much as possible. Sleeping on your side increases swelling on the down side.*
6. *You may shower the first day after surgery. Please let the water run on your eyes and face. After showering please use a wet Q-tip to clean the incisions. Do not apply ointment. Please keep the incision line clean for the best scarring.*
7. *Avoid strenuous activity, getting overheated, and sunbathing for two weeks.*
8. *Do not wear eye make-up until stitches are removed.*

9. *Protect your eyes from direct sunlight. It is important to wear sunglasses for at least two weeks after your surgery.*

10. *You may notice some oozing of blood from the incision. This is normal.*