

Blepharoplasty – After Care Instructions

Every operation is accompanied by swelling of the surrounding tissues. This is usually the greatest the 2nd or 3rd day after the operation. The majority of the swelling will subside within one week. There are several things you can do for the first week, which will help the swelling to subside.

Post-Operative Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Constipation is a side effect of decreased activity, use of pain medicines and dehydration. Be sure to walk, drink fluids regularly, and consider adding raw fruit to your diet.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by Dr. Cho.
- Do not drink alcohol, drive a car, or make important decisions when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- Do not smoke or be around a smoker. This can be the most significant cause of serious healing issues.
- Sleep with your head elevated 45 degrees for several days to minimize swelling.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.

Care of your Incision

- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Wear a hat or sunglasses when outside
- Keep incision clean with soap and water
- Use cold saline compresses for the first 24 hours for comfort and to reduce swelling and bruising
- You can shower the day after surgery and shampoo your hair
- Wait at least 2 weeks before wearing contact lenses
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and special sunblock made for eyelids.

Other

- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning and itching of eyes
- You may have gummy eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- Bruising and swelling of the eyelids may last 2-3 weeks.
- Healing is a gradual process, and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out; can be easily removed by surgeon.
- Sutures will usually be removed in 5-7 days.

Please note:

- **If you have nausea, vomiting, rash, shortness of breath, constipation or diarrhea after taking your medications, please call our office.**
- **If you develop a fever (oral temperature greater than 101), redness and/or increased pain at the surgical incision sites, please call the office or Dr. Cho immediately.**
- **If you have increased swelling, bruising or increased redness along the incision**

FOLLOW-UP INSTRUCTIONS

It is important to be seen by Dr. Cho after your initial post-op checks. Our nursing staff will see you for follow-up appointments at 1 week, 6 weeks, 3 months, 6 months and 1-year post op. For your convenience, your initial follow-up appointment is scheduled at your pre-operative visit. If you must change any scheduled appointment, please call us at (281)404-5454 between the hours of 8-5pm.

Patient: _____

Date: _____

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