

**Post Care Blepharoplasty:**

**Arranging Transportation and Aftercare:**

It is imperative that you arrange for someone to transport you home after your eyelid surgery. Make sure that you clearly understand your post-operative care instructions as they are vital to a quick, comfortable and safe recovery from blepharoplasty. Eyelid surgery is performed with pre-operative sedative medications and local anesthesia. During the initial recovery process, patients can expect redness and swelling around the incision areas. The eyes may tear excessively. Any dryness that occurs in the eyelid area can be alleviated by applying Vaseline ointment. However, patients may experience a temporary blurring of vision as a result of using the ointment. In general, temporary blurred vision is one of the common side effects of eyelid surgery. Recovery may also include temporary sensitivity to light.

**Care After Eyelid Surgery:**

After upper and lower blepharoplasty surgery, the eyelids typically feel tight; accompanying soreness may be treated with analgesics. The eyelid area should be cleansed gently with Cetaphil or CeraVe cleanser and rinsed with warm water. In the shower allow water to run over eyelids. For the first week following surgery, the incisions should be treated with Vaseline ointment to keep them lubricated at all times. Cold compresses can be placed on the eyes to reduce swelling as well. Eye drops will be necessary to help keep the eyes from drying out. You will be given oral herbal supplements to help minimize bruising and swelling. Do not use ibuprofen, Naproxen, or aspirin for one week after surgery. Tylenol may be used for any discomfort.

In the first week after the procedure, patients should avoid any activities that may dry the eyes including long periods of reading, watching television, wearing contacts or using a computer. Swelling and bruising can be minimized by keeping the head elevated as much as possible during the first few days of recovery. Your sutures will be removed seven days after eyelid surgery. Sleeping elevated for the first few nights is helpful to decrease swelling. Ice packs can be applied 10 minutes every hour for the first few days as well. For the first couple of weeks following the surgery, dark sunglasses are recommended to protect the eyes from irritation caused by sun and wind. Patients may notice that their eyes tire easily for the first several weeks of the recovery period; frequent naps are recommended.

Throughout the first three to four weeks after surgery, any activities that increase blood flow to the eyes should be avoided. This includes bending, lifting, sporting activities and even crying. Your physician will inform you when your exercise regimen can be resumed. Recovery from eyelid surgery generally takes several weeks. Redness and swelling will resolve with time.

**If you have questions or concerns after hours please call our on-call provider at 479-426-4373 for assistance-be sure to leave a message, you will be called back. During normal business hours you can call 479-273-3376 or text us through our secure texting platform Klara at 479-322-3530.**