

## POST OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

- Following your surgery we ask that you go home, relax and take it easy.
- You will be given an ice pack that should be placed on the eyes for 15 minutes and then put in the freezer for 15 minutes. This process should be repeated throughout the rest of the day while awake. 15 minutes on 15 minutes off. Over the next two days, you need only to apply the ice pack to the eyes for 15 minutes every hour. (Cool gel eye masks that strap around the face may provide more comfort than a plastic Ziploc bag)
- It is normal for your lids to be swollen and bruised for the next week or so. (Swelling will be worse on day 2 and 3 after surgery). Your lids may feel tight at first but that will subside as the lids relax more.
- Keep the suture line clean and Do **NOT** allow any dirty water, and exfoliants to contact the surgical area for one (1) week.
- You will need to wear eye shields while sleeping so that you will not rub your eyes for one (1) week.
- You will need to sleep in a semi-reclined position (such as a recliner) for five (5) days.
- If you have any severe pain, excessive bleeding, or loss of vision please contact our office immediately.

### INSTRUCTIONS FOR MEDICATION

You will be asked to apply Maxitrol or Bacitracin Ointment to the suture line four (4) times a day.

At bedtime place a little ointment inside the lower lid of the eye so that the cornea will remain moist.  
Do this for one (1) week.