

BLEPHAROPLASTY (Eyelid Surgery)

Post-Operative Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Apply ice packs, frozen peas or cool compresses for 24-48 hours.
- Apply ointment (if given) inside lower eyelids every 4 hours.
- Get plenty of rest.
- Take pain medication as prescribed. If you experience nausea, take half a pill. You may take extra strength Tylenol® if half a pill is too strong.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- If you are taking vitamins with iron, resume these as tolerated.
- **DO NOT PIERCE ANY BODY PART POST-OPERATIVELY-IT CAN CAUSE SEVERE INFECTIONS THAT IMPAIR HEALING AND SCARRING.**
- **DO NOT SMOKE, AS SMOKING DELAYS HEALING AND INCREASES THE RISK OF COMPLICATIONS.**
- **DO NOT TAKE ANY MEDICATIONS ON THE PROHIBITED MEDICATIONS LIST**

Activities

- Stay lying down with head elevated (except for bathroom trips).
- Avoid lifting, bending or standing.
- Do not apply heat to the area.
- No bending from the waist.
- Do not rub eyes to dry them.
- Start taking a mild stool softener, like Colace®, to avoid constipation.
- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- 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; swimming okay after 7 days; impact exercises okay after 3 weeks.
- Read or watch television after 2-3 days.
- Return to work in 10-14 days.
- Wear sunglasses when out.

Incision Care

- You may shower 24 hours after removal of the drainage tubes.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold saline compresses first 24 hours for comfort and to reduce swelling and bruising.
- Keep your head elevated for several days; sleep with your head on 2 pillows at least 1 week.
- Generally, your hair can be shampooed anytime after surgery.
- 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 a special sunblock made for eyelids.
- After a few days, you may wear makeup on your eyelids, but not on the incisions.
- After one week, you may wear makeup without restriction.

What To Expect

- Occasionally, the eyes are bandaged for the first night.
- Maximum discomfort should occur in the first few days, improving each day thereafter.
- 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.
- You may have difficulty closing your eyes when you sleep.
- Bruising and some swelling will last for 2 to 5 weeks.
- Some numbness and swelling will be present for several months.
- Small sharp mild pains are normal for the first year.

Appearance

- Bruising and swelling of the eyelids may last 1-2 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 Dr. Feins.
- Facial makeup can cover up bruising after the sutures are removed.

Follow-Up Care

- Sutures will usually be removed in 5-7 days.
- 1st post operative appointment = within 5 days for stitch removal. . *Take at least an extra-strength Tylenol® before your first post-op appointment.*
- 2nd postoperative appointment = 2 weeks from 1st post operative appointment.
- If any massaging exercises were prescribed, do them for six weeks.
- If eyes feel irritated in the mornings, use ointment at bed time.

When To Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

**DR. FEINS CAN BE REACHED ANYTIME BY CALLING HIS OFFICE AT
603.647.4430.**