

Care After a Blepharoplasty

General Information

During a blepharoplasty, the doctor removes extra eyelid tissue. This surgery is done to improve your appearance or vision.

Surgery Site

- Swelling and bruising will increase for the first 36 hours. Then it will slowly lessen over several weeks.
- You may use ice packs for the first 24 hours to decrease swelling and bruising. Place a cloth between your skin and the ice. Alternate ice 15 minutes on and 15 minutes off while you are awake.
- Your eyes may feel dry for several weeks after surgery.
- Your eyes may be light sensitive. Wearing dark sunglasses may help.

Discomfort and Medicine

- Take prescription pain medicine as directed.

Activity

- Resume your work and activities according to your doctor's instructions.
- Alternate rest and activity.
- Sleep with your head raised higher than your heart (such as resting in a reclining chair). This will help keep swelling and bruising down.
- Don't smoke because smoking slows healing.

Diet

- Follow the diet on the anesthesia discharge brochure.
- Drink more liquids to prevent constipation.
- If you get constipated, you may try prune juice or an over-the-counter laxative such as milk of magnesia.

When to Call Your Doctor

Call your doctor if you have:

- a temperature of more than 101 F
- bleeding that won't stop
- drainage that won't stop
- vision changes
- poor relief of eye pain.

Other

- Please read the instructions you received at your time of discharge.
- If you have any questions or concerns after surgery, please call your doctor through the clinic.