



Facial, Plastic & Reconstructive Surgery

Blepharoplasty Post-Operative Instructions

Please follow the General Instructions provided. In Addition:

Recovery:

- Swelling and bruising of the eyelid and surrounding area are expected.
- Apply ointment to sutures twice daily for 2-3 days.
- Shower after 48 hours, avoiding direct water pressure on the eyelids.
- Elevate your head and shoulders using extra pillows for the first week or rest in a recliner.
- Wear dark glasses for the first week to protect against the sun and wind when outside.

Post-Op Visits:

- The first post-op visit will be 5-7 days after surgery.
- Sutures will be removed during this visit.

Hygiene:

- Wash your face with a gentle cleanser, avoiding stress to the suture lines.

Activity:

- Normal activity can be resumed 2 weeks postoperatively.

Bleeding and Irritation:

- Some minor bleeding and oozing are normal. If bleeding persists, notify your physician.
- Your eyes may feel dry. Use preservative-free artificial tears, such as LacriLube, to alleviate irritation.