



Renaissance Clinique

Beauty through Art, Science & Technology

Blepharoplasty(eyelid surgery) post-operative instructions

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated. Have someone assist you in getting up out, going to the restroom, etc. for the first day or two.
2. Sleep on your back with 3 to 4 pillows behind your head and back for the next 3-4 nights following your surgery. This will help minimize the amount of facial edema (swelling) and cchymosis(bruising) around your eyes after surgery. The amount depends on the extent of the surgery as well as the individual's tendency of bruising.
3. To help minimize swelling and discomfort, you may apply ice cold compresses to the eyes every 2-4 hours during the first 24 hours after surgery. For compresses grab a small clean bowl filled with ice and water, soak large gauze sponges in cold water then squeeze out excess water then place over eyes. Keep sponges on until they lose their coldness over the eyes. Repeat this over and over again.
4. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription.
5. If you were discharged with an oral antibiotic, take it through its full cycle as directed.
6. If you were on the Vita Medica supplement plan you may resume after getting home. No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
7. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or bright red blood from the incision site or sudden onset of significant swelling of one or both eyes.
8. If you are given ophthalmic ointment and/or eye drops apply as directed by your doctor. If the ophthalmic ointment gets in your eyes do not be alarmed if your vision becomes blurred, this is a normal occurrence. Continue this care until your post-operative visit with your doctor.
9. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.



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10. Sutures may be present along the incision site. If so they will be removed within 3 to 5 days in the doctor's office. After the first 24 hours, you may wash your face gently with a mild soap and gently pat dry with a soft clean towel.

11. Do not strain your eyes by excessive reading or television watching for long periods of time for the first 3-5 days after surgery.

12. Do not engage in any strenuous activities for the next 4-6 weeks after surgery. Avoid bending over or lifting heavy objects for the first 5-7 days. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and or your normal activities after your first post operative visit with your doctor.

13. It is recommended that you wear a dark pair of sunglasses when being in the outdoors for the first 3 weeks following your surgery, as you may be sensitive to bright light.

14. If you wear contact lenses, you should wait approximately 5 days after surgery before inserting them. This amount of time will allow the eyes to regain its normal functioning ability to lubricate themselves.

15. Do not use any make-up on the incision site or other areas until you are 2-3 weeks out of surgery or otherwise instructed by your doctor.

16. It is greatly suggested to use sunblock with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

17. Please avoid all forms of nicotine two weeks before and after surgery. Nicotine is a vasoconstrictor and may increase risks of unnecessary post-operative complications. In general, be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.