

Post Operative Instructions for: Blepharoplasty

1. Blepharoplasty usually causes little if any postoperative pain. If you notice significant sharp pain or dull pain that persists, notify the ENT office immediately.
Take no aspirin or aspirin-containing pain medications. Tylenol, Hydrocodone, or other mild pain relievers prescribed are safe if needed.
2. Cold compresses (ice-cold washcloths) may be used over your eyes for 20-30 minutes six times per day. This will promote comfort, reduce swelling and bruising.
3. Sleep on your back or side with your head elevated (45 degrees) to minimize swelling.
4. Apply the ointment provided to the incision twice daily. Use sparingly, and place only a TINY amount on the incision lines.
5. Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precision incision healing. Glasses may be used at any time.
6. You may use your eyes for reading or TV viewing as frequently as you wish.
7. Do not use mascara, eyeliner, or eye shadow until approved by surgeon (usually 10-14 days). Minimal makeup may be applied to any bruising of lower lip, but DO NOT pull on the lids or incisions.
8. Bruising and swelling of the eyelids may last 1-2 weeks. Any apparent redness of the whites of the eyeball is only a form of bruising, and will subside during the early healing process.
9. Sutures are removed in 5-7 days.
10. Do not engage in vigorous exercise or sports for at least three weeks or as approved by surgeon.
11. It is not abnormal to feel slight itching and tightness of the eyelids during the early healing period.
12. Healing is a gradual process, scars may be slightly pink for 6 months or more. Tiny whiteheads (milia) may appear after sutures are removed, these can easily be removed by the surgeon.
13. Avoid exposing scars to sun for at least 12 months. There are special sunscreens for eye use.
14. If any dryness of eyes or exposure of whites of eyes occur after surgery use moisturizing eye drops frequently.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health. You may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

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