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## **Blepharoplasty After Care Instructions**

- After surgery it is best for you to keep your head elevated. This can be stacked pillows, or in an easy chair.
- Apply cool compresses (Ice and water in a zip lock bag) for at least the first 48 hours to reduce the amount of swelling you may have after surgery. Apply for 20 minutes on, 40 minutes off.
- You may take Tylenol to help control discomfort.
- A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
- You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
- Use Refresh Plus drops in both eyes every 1-2 hours.
- You may shower the day after surgery, and allow water to run over the eyes. It is recommended that you use a mild soap such as baby shampoo for the first week.
- Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute.) After the 2nd week you should gradually increase your activities so you are back to normal by the end of the 3rd week.

### **GENERAL INSTRUCTIONS:**

Tearing and dry eyes often occurs after eyelid surgery. This will stop as the swelling subsides over the first several days.

Tightness of the eyelids is a normal feeling after surgery. This may make it hard to close the eyelids completely. This will relax with time. There may be a feeling of numbness of the eyelids that will subside with time.

You will return to the clinic on day 5 after surgery for suture removal.

Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell – it can take several weeks to resolve – be patient, it will go away.

Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 20 or greater, that has both UVA and UVB protection, for at least 6 months.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications please call the office.

**If you develop a fever (oral temperature greater than 101°) and/or have redness or increased pain at the site of your surgical incisions, please text Dr. Camp 612-208-4179.**

It is important to be seen by Dr. Camp after your initial post-op checks. He will see you for your first post-op appointment at for suture removal five days after surgery and your next followup will be at 4 weeks. We will schedule these appointments for you.

**IF YOU HAVE ANY URGENT QUESTIONS, PLEASE TEXT DR. CAMP**

If you need immediate care or suspect you have an infection, please text Dr Camp 612-208-4179.

If you have general questions about your recovery or post-op appointments, please contact our office 612-424-2767 or [scheduling@echelonspecialists.com](mailto:scheduling@echelonspecialists.com).