
BLEPHAROPLASTY

Edina Plastic Surgery, Ltd.

Immediate Postoperative Care

- Sleep in a recliner or reclined like position using pillows to elevate your head and your legs.
- No heavy lifting, bending, straining, or other strenuous activities until cleared by your surgeon.
- Keep your head elevated at all times, do not bend your head forward as this increases pressure on your eyes.
- Crushed ice packs or bags of frozen peas should be used on the eyes/forehead for 24-48 hours to reduce swelling and discomfort.
- You may be given lubricating eye drops and/or ointment to use. Eyes should be lubricated with 2-3 drops 3-4 times daily. If given eye ointment, squeeze a small amount inside the lower lid 3-4 times daily and especially at night or while sleeping. Eye ointment will blur your vision.
- Do not remove any steri strips or sutures.
- You should get up and walk around your home for brief intervals, have assistance when standing and walking.
- You may wash your face with mild soap, be very careful not to pull or tug on any incisions.
- Do not drive a car or operate heavy machinery for 2 days.
- Your first shower will be in 2-3 days (no baths). Sponge bathe only until your first shower.
- Eat light bland meals for the first few days. Remain on a soft low sodium diet to decrease swelling. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

While Recovering

- Be very careful pulling clothing over your head to not pull on your incisions.
- You may wear dark glasses when outdoors until bruising subsides.
- No sun exposure is permitted for 4-6 weeks, once incisions have healed always apply sunscreen.
- Do not apply any products to your eyes unless directed by your physician.
- Do not wear contact lenses until your physician advises or while using lubricating ointment/drops.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until incisions have completely healed.
- Following blepharoplasty, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).