



Ronald A. Krueger, MD, FAACS

***Blepharoplasty: Patient Instructions***

Date of Procedure:

Follow up appointment (5 days):

*Before your procedure*

- ❖ Avoid blood thinning medications, such as aspirin, ibuprofen (Motrin), naproxen (Aleve) and certain supplements for one week prior to the procedure.

*Day of your procedure*

- ❖ Wear comfortable clothing.
- ❖ Eat a light meal 1-2 hours prior to arrival.
- ❖ Take your sedative medication 1 hour prior to your procedure. Bring the remaining pills with you.
- ❖ You must have someone drive you home after the procedure.

*Afternoon and evening after your procedure*

- ❖ Rest as much as possible, preferably in a recliner. Avoid straining or bending over. You may bathe with help. Watching television is acceptable. If you are not nauseous, resume your normal diet. If you do experience nausea limit your first meal to liquids such as soup or juice.
- ❖ To prevent swelling, apply a clean cold compress to your eyelids as much as possible until you go to sleep. Soak gauze pads or a clean towel in a basin of ice cubes and apply to your eyelids. Alternately, you may place a Ziplock bag partially filled with ice cubes over clean gauze. Gel-filled vinyl masks may be used as well. Apply ice for twenty minutes, then remove it for twenty minutes.
- ❖ Pain is usually mild after surgery. Take Tylenol for any mild pain. Do not exceed 4000mg of Tylenol per day. Avoid using aspirin, ibuprofen (Motrin), naproxen (Alleve) for two days after your procedure.
- ❖ It is normal for your eyelids to become red, swollen and bruised. A small amount of bloody fluid draining from the wound is normal for a few days. Occasionally the eye may turn red and swell.
- ❖ Begin using the antibiotic eye ointment. Use clean fingertips to gently apply a small amount to the sutures before going to bed.

*Beginning the next morning*

- ❖ Swelling typically reaches its maximum on the morning after surgery. Bruising may increase slightly for several more days.



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- ❖ Stop using cold compresses and begin using *WARM* compresses for several minutes three times per day.
- ❖ Begin cleaning your sutures. Use a Q-Tip moistened with hydrogen peroxide to wipe your sutures then apply the prescription antibiotic ointment. Do this 3 times per day until your sutures are removed.
- ❖ Moderate activity may be resumed, however avoid bending and straining for three days. Moderate exercise (such as walking) may be resumed in three days. Vigorous exercise may be resumed in ten days. Do not swim for three weeks.
- ❖ Reading or computer work may be difficult due to swelling or blurred vision, but are not harmful.
- ❖ You may shower and wash your hair, but try to avoid getting soap in your incision.

**Call our office immediately if you experience any of the following:**

- ❖ Excessive pain, not relieved with Tylenol.
- ❖ Brisk bleeding not controlled with pressure.
- ❖ Excessive drainage from your incision
- ❖ Fever over 101F
- ❖ Any questions, concerns or problems at any stage in your recovery

**Additional Information:**

- ❖ Do not worry if your sutures come out prematurely as long as your incision remains closed.
- ❖ Sutures are removed approximately five days after your procedure. Use the antibiotic ointment before bed the day your sutures are removed, and then discontinue use. Continue using warm compresses once per day for three more days.
- ❖ For three weeks after your procedure you may have difficulty fully closing your eyes. Artificial tears, such as Murine or Hypotears may be soothing. At night, you may find a lubricated ointment such as Lacrilube to be soothing.
- ❖ After three days you may lightly apply concealer to your upper cheek area to camouflage any bruising. Do not apply directly to the eyelids. Regular eyelid cosmetics may be resumed after ten days.
- ❖ Most patients look the worst 2-3 days after the procedure, after which time the improvement is rapid. Most bruising and swelling is gone within two weeks, although it may take longer.
- ❖ Contact lenses may be resumed one day after suture removal.
- ❖ Your incision may turn red, slightly elevated or bumpy in the weeks following surgery. The scar will continue to fade and soften for six months. Follow Dr. Krueger's instructions for scar massage. The incision may feel tender or itch for several months. Eyelid tightness or lash numbness will disappear over several months.
- ❖ Imbalances between the two sides are common at first due to different degrees of swelling and rates of healing. Full healing can take six to nine months.