



AESTHETICS

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POSTOPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY

On the afternoon and evening of surgery:

- You should rest as much as possible, preferably in bed or in a recliner. A bandage over the eyes is not necessary. In the evening you may take a bath if someone is there to help you. Avoid straining or bending over. Watching television is acceptable.
- To prevent swelling, apply clean cold compresses to the eyelids as much as possible until you go to sleep. Gauze pads or a clean towel may be soaked in a basin of ice cubes and applied directly. Alternatively a large Ziploc bag may be partially filled with ice cubes or a bag of frozen peas may be placed over a moist gauze or towel. Commercially available gel-filled vinyl masks may also be used.
- Pain after surgery is usually mild and able to be controlled with Tylenol. Avoid using aspirin or ibuprofen for two days. Severe pain should be reported immediately.
- If your stomach is not upset you may resume your normal diet immediately. If you do feel some nausea limit your first meal to liquids such as soup or juice.
- It is normal for the 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. Brisk bleeding not responsive to pressure should be reported.
- If you were given an antibiotic ointment, gently apply a small amount to the sutures before going to bed, using your fingertips.

Beginning the next morning:

- Swelling usually reaches its maximum on the morning after surgery, while bruising may increase slightly for several more days.
- Discontinue the cold and begin warm compresses (using gauze or a clean washcloth) for several minutes three times a day.

- Keep the incisions clean by gently cleansing with Q tips moistened with hydrogen peroxide. Follow this with the application of your prescription antibiotic ointment. Do this three times a day until your sutures are removed.
- Moderate activity may be resumed although much bending and straining should be avoided for three days. Moderate exercise, like normal walking, may be resumed in three days. Avoid vigorous exercise for the days and swimming for three weeks.
- Reading or computer work may be difficult due to swelling and some slight blurring of your vision, but such activities are not harmful to your surgery.
- You may shower and wash your hair, but try to avoid getting soap in the incision.

Later instructions and information:

- If your sutures come out prematurely there is no cause for worry as long as the incision remains closed.
- Sutures are removed in approximately 7 days after surgery. After the sutures are removed, use the ointment that evening at bedtime and then discontinue. Warm compresses should be used at least once a day for three or four more days.
- For the first three weeks after surgery it is not unusual for the eyelids not to close fully. Artificial tears such as Murine, Hypotears, etc may be soothing. At night a lubricated ointment such as Lacrilube may be more helpful.
- After three days the light application of a concealer makeup to the upper cheek area may help 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 on the second or third day, after which time the improvement is rapid. Most bruising and swelling is gone by 2 weeks, although a small amount may remain behind for longer periods.
- Contact lens may be resumed in one week.
- The incision may turn red, slightly elevated, or bumpy in the weeks following surgery. The scar will then continue to fade and soften for about 6 months. The incision may feel tender for a few months. Itching is common. Any tight feeling or eyelash numbness will disappear over several months.
- Imbalances between the two sides are common at first due to different degrees of swelling and variable rates of recovery. Full healing of any incision on the body can take six to nine months.