



IRA PAPEL, MD
 THEDA KONTIS, MD
 EMILE BROWN, MD

AESTHETIC CENTER AT WOODHOLME

Eyelid Surgery Post-operative Instructions

Instructions: Begin Day of Surgery

1. Bed rest with bathroom privileges day of surgery **the day of surgery.**
2. Sleep with head elevated at least 30 degrees (2-3pillows) for 2 weeks
3. Apply ice to eyes for 24-48 hours after surgery, as much as tolerated.
4. **Some minor bleeding and oozing is normal. If you experience a change in vision, (other than blurriness from ointment) excessive bleeding or excessive pain please call the office 410-486-3400**
5. Regular diet as tolerated. Alcohol should be avoided for **1 week** after surgery.

Days 2-7: *NOTE - Swelling usually peaks 2-3 days after surgery.

- **Activity level:**
 - You should be up and walking around the house after 24 hours.
 - No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over **20 lbs** for **2 weeks.**
 - Do not return to exercise until approved by your physician.
- **___Upper Blepharoplasty:** Twice daily clean eyelid suture lines by spraying with Avene Thermal Spring Water. Spray lightly with water; gently use Q-tip to remove dried blood or old ointment, pat dry if necessary. **DO NOT RUB.** Reapply a light coat of ointment to keep suture lines moist. Wash face with a gentle cleanser, avoiding stress to suture lines. Spray with Avene Thermal Spring Water **AFTER** gently washing your face. You may shower after 24 hours. You may use preservative free artificial tears as needed for dry or itching eyes.
- **___ Lower Blepharoplasty:** Use preservative free artificial tears as needed for dry or itching eyes.

Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, fever above 101.5F, excessive bleeding, or change in or loss of vision. (Not blurriness from eye ointment.)

Return to office for follow-up (Suture Removal) appointment on: Date: _____ Time: _____

___Postoperative instructions have been reviewed with me.

___I have received a copy of these instructions.

 Nurse

 Physician

 Patient or responsible party

 Relationship to patient

To view video for postoperative instructions go to www.facial-plasticsurgery.com and select patient resources tab.