

CHELSEA OBOURN MD
LAKESIDE
COSMETIC CENTER

**BLEPHAROPLASTY POST OPERATIVE INSTRUCTIONS
(EYELID SURGERY WITH EXTERNAL INCISION)**

1. Sleep with your head elevated for the first few days after surgery.
2. There is typically little, if any, post-operative pain associated with eyelid surgery. If you are having worsening or severe pain, please call right away.
3. You may apply cold compresses to the eyes 20 minutes on then 20 minutes off for the first 1-2 days.
4. It is not unusual to have asymmetrical swelling. This does not affect the outcome of surgery.
5. For surgery involving the lower eyelids: if there are sutures, they are held in place with a small piece of steristrip (tape), **please do not remove it.**
6. Very carefully clean the external incision lines with a mixture of ½ hydrogen peroxide and ½ distilled water two times per day. After cleaning, apply the antibacterial eye ointment to the incision lines.
7. You may shower 48 hours after surgery.
8. Do not wear contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.
9. Do not use mascara, eyeliner, or eyeshadow until approved by the physician (usually 14 days). Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but **do not pull on the lids or incisions.**
10. Any apparent redness of the whites of the eyeball is only a form of bruising and will subside during the early healing process. Occasionally, the first week after surgery, a small amount of blood may be discharged. This is not unusual and is no call for concern.
11. Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by our office.
12. Sutures are removed around 1 week after surgery. It is normal to feel slight itching and tightness of the eyelids during the early healing period. Avoid salty foods before and after surgery.
13. If prescribed an antibiotic, begin taking after surgery. Take with food to help avoid nausea. Do not drive if taking any narcotic medication for pain. Take the pain medication as prescribed for the first 24 hours. You may also take regular Tylenol. You may begin taking Advil, Motrin, or Ibuprofen 24 hours after surgery.

DON'T TAKE ANY CHANCES – If you are concerned about anything you consider significant, please call our office at **(585)905-3414.**