

Daniel O. Beck, MD
Dallas Plastic Surgery Institute
www.beckplasticsurgery.com

**EYELID (BLEPHAROPLASTY)
AFTER CARE INSTRUCTIONS**

1. After surgery keep your head elevated at a 45° angle when in bed. A wedge rest is preferable to pillows as you want to avoid bending forward at the neck for the first 2 days.
2. A Swiss eye mask will be provided to you by the center during your check out. Apply the masks for at least the first 72 hours after surgery to reduce the amount of swelling you will have. Make sure you keep these masks cold and wet, and change them every 15-20 minutes.
3. If you have discomfort, take the pain medication every 4-6 hours. It is best to take the pain medication with crackers, Jell-O, etc. ***If you have no pain, do not take the pain medication.*** Do not drink alcohol until you have stopped the pain medication.
4. A light diet is best following surgery that day. Begin by taking liquid slowly and progress to soups or Jell-O. You may start a regular diet the next day.
5. You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, worsening vision or any severe eye pain.
6. If you have dry eyes- Use Refresh Plus drops (purchased separately, available over the counter) in both eyes every 1-2 hours.
7. Apply Refresh P.M. ointment (purchased separately, available over the counter) inside the eyelid ***every night at bedtime***. This will make your vision blurry, but it will clear as the ointment is absorbed. If you awaken in the morning with eye irritation or red eye – use more Refresh PM at night, as your eyelids do not close completely for a few weeks after surgery. Wearing a sleep mask will be very helpful the first week after surgery.
8. Do not sleep under a ceiling fan or close to heating/cooling vents. This can cause/exacerbate dry eyes.
9. The 2nd day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap (eg. Ivory or Neutrogena) and rinse with water. It will not hurt to get water on the stitches or in the eyes.
10. Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.
11. **DO NOT SMOKE** or ingest any nicotine containing products. This is very important for optimal wound healing.
12. You may gradually resume normal daily activities after 24 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 3 weeks after surgery. During this recovery period your heart rate should stay below 100 beats per minute.
13. Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell. It can take a few weeks to resolve, but be patient, it will go away.

14. Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.

15. All incisions and your eyes will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Wearing a wide brim hat and sunglasses while outside is recommended.

WHAT TO EXPECT AFTER SURGERY

Tightness of the eyelids is a normal feeling after surgery and may make it hard to close the eyelids completely. There may also be a feeling of numbness of the eyelids. Both sensations will subside with time.

Red discoloration of the whites of the eyes is normal. This is painless, will not harm your vision, and will disappear completely. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.

Tearing and dry eyes often occur after eyelid surgery. This will stop as the swelling subsides over the first several days.

Please note:

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

- If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Beck immediately.

FOLLOW-UP INSTRUCTIONS

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK

If you need immediate care, please call Dr. Beck anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Beck's cell: given at time of surgery

Dr. Beck's office: 214-818-4751

Dr. Beck's email: drbeck@dpsi.org

Dallas Plastic Surgery Institute- Southlake
1601 Lancaster Drive, Suite 100
Grapevine, TX 76051
214-818-4751

Dallas Plastic Surgery Institute- Dallas
9101 N. Central Expressway, Suite 600
Dallas, TX 75231
214-818-4751