



Plastic & Hand Surgery
ASSOCIATES, LLC

POST-OP INSTRUCTIONS FOR BLEPHAROPLASTY (Eyelid Surgery)

1. Always wash hands with antibacterial soap before changing your ice compress or touching your incisions.
2. **DO NOT** bend, strain, or lift anything greater than a milk carton.
3. Sleep with your head elevated using 3-4 pillows.
4. Apply ophthalmic antibiotic ointment twice a day.
5. You may use saline eye drops for comfort as needed.
6. Swelling and bruising is expected and normal.
7. Ice compress should be used for 48 hours and then for comfort after that.
8. Notify your doctor at **601.939.9999** or **1.866.939.4999** if a temperature develops of 101 degrees lasting more than 24 hours or if there are any signs of infection.
9. If you are unable to reach a physician and immediate attention is needed, please go to the nearest emergency room.

Note: The purpose of our after-hours on call service is for emergencies. If you have a routine questions, that is not answered above, please wait until after 8.30am the following morning to call our office, and we will be more than happy to answer any and all questions.