

DR. CUSHING'S POSTOPERATIVE INSTRUCTIONS

Eyelid Surgery (Blepharoplasty)

ACTIVITY

The first 24 hours are best spent resting. It is important to keep your head elevated while at rest to reduce swelling and pain. You should get up to walk to the bathroom and kitchen several times per day and try to take deep breaths several times an hour. This will help prevent blood clots in your legs and help your lungs heal from surgery.

You may resume many daily activities the day after surgery. Walking is encouraged. Exercise and lifting that requires straining (more than about a gallon of milk) should be avoided for 2 weeks post-operatively. You may resume aerobic exercise (bike riding, aerobics, etc) 3-4 weeks after surgery. All types of exercise are permitted after 6 weeks.

You may resume driving when you are no longer taking narcotic pain medication during the day.

Average return to work time is around 1-2 weeks depending on the level of activity required by your job.

EYELID CARE

The swelling and bruising usually resolves with 2-3 weeks of surgery but you may see continued improvement up to 6 weeks after surgery. You will see the final result around 6 months after surgery.

Double or blurry vision should resolve within a few days-if this issue persists for longer than 3 or 4 days call the office to let us know,

You can expect a mild amount of swelling and bruising that will be most noticeable 2-3 days after surgery and will improve from there. It is important to keep your head elevated- sleep in a recliner or on several pillows to help prevent swelling. If you have extensive swelling that is painful, marked bruising, or new areas of swelling that are limited to one side, call us right away.

The early swelling may be improved with ice packs. Use these for 15 minutes at a time and do not put ice directly to the skin as some areas may be numb and you can damage your skin.

You may notice that it is difficult to close your eyes all the way for the first couple of days following surgery. This is very common and should improve within a few days.

If your eyes are dry or scratchy, you may use Refresh tears as needed.

You will be given a prescription for an ophthalmic antibiotic ointment to eyelid incisions at bedtime to avoid your eyes drying out too much.

DIET

Due to the anesthesia from your surgery, the tube placed in the throat may cause the throat to be sore. This is best relieved with cold liquids. The soreness disappears in a few days.

You may resume your normal diet. Start with more bland foods and gradually add in more regular foods once you feel ready.

Pain medication (especially opioids such as hydrocodone) along with surgery on your abdomen can cause constipation. Take a stool softener twice a day and try to eat foods with lots of fiber. If you are still having trouble with bowel movements, you may need to add a laxative or glycerin suppository to help.

HEALING

Your incisions are made along the eye's natural folds so they heal with little visible scar. Some of the stitches will be removed within 5-7 days after surgery while the rest will fall out on their own.

Swelling and bruising are normal. Bruising generally improves within a week while swelling can last a bit longer. Your eyelids will continue to improve for 2-3 months.

Scars often redden and become more noticeable a few weeks after surgery but this will improve pretty quickly.

You may notice redness and irritation in your eyes themselves. This is usually temporary, painless and will not harm your vision.

Swelling may cause small imperfections such as slight asymmetry. This should continue to improve as your swelling resolves.

Please avoid wearing contact lenses and reading for about 2-3 weeks, as this may cause dry eyes and irritation.