## Blepharoplasty (Eyelid Lift)

**What to do after surgery:**

* Do not take any aspirin, blood thinners, anti-inflammatory compounds or herbal medication for 2 weeks before and 2 weeks after surgery
* If you smoke, do not smoke for at least 2 weeks before and 2 weeks after surgery. All nicotine products may potentially inhibit blood circulation and compromise your surgical outcome.
* When resting, elevate your head on two pillows until the swelling subsides.
* Use ice or cold compresses to the eyelids for the first three days. A large Ziploc bag partially filled with ice cubes or a bag of frozen peas may be used.
* Use pain medications as prescribed.  Discomfort and pain should begin to decrease after 48 hours.
* A small amount of bloody fluid draining from the wound is typical.
* Swelling is usually the worst 1 to 2 days after surgery. Bruising may persist for several days to weeks.
* Gently clean the incisions with peroxide and a Q-tip. Apply gentamicin ointment to the incisions daily.
* Sutures are removed 5 to 7 days after surgery.
* The incision may turn red, elevated or bumpy in the weeks after surgery.  The scar will then continue to fade and soften over the next 6 to 12 months.
* Avoid rubbing or massaging your eyelids for 7 days. Avoid any makeup on the eyes for the 2 weeks.
* You may resume wearing contact lenses after 1 week.
* If the eyelids do not close due to swelling if the first week or two, use artificial tears during the day and eye ointment as prescribed at night.
* No bending, straining, heavy lifting > 10 lbs for two weeks.
* You may resume light aerobic exercises after ten days. No swimming for 4 weeks.
* Tearing and sensitivity to light is common after surgery. As the swelling subsides, this will improve. Occasionally steroid eye drops may be prescribed to help with the swelling. Sunglasses may be worn.

**CALL THE OFFICE PROMPTLY IF YOU NOTICE ANY OF THE FOLLOWING:**

* **development of a temperature exceeding 38oC or 100.4oF**
* **unusual bleeding or discharge from the incision**
* **changes in vision**
* **a significant increase in pain not relieved by your medications**