



Blepharoplasty (Eyelid Surgery) Instruction Sheet

Before Your Surgery

Please follow all the preoperative instruction outlined in the General Preoperative Instruction Sheet carefully. Avoid aspirin-containing or aspirin-related products as well as herbal medications and nutritional supplements as outlined in the Preoperative Instruction sheet

After Your Surgery

1. Please follow the Postoperative Instruction Sheet carefully.
2. Blepharoplasty usually causes little if any postoperative discomfort. If you notice any significant sharp or dull pain that persists, notify the office immediately.
3. As recommended, use cold compresses (a bag of frozen peas or corn) over your eyes for 20-30 minutes six times per day as tolerated. This only helps for the first 2 days.
4. If your incision lines are not covered with a dressing, apply only a TINY amount of ointment on the incision lines with a Q-tip.
5. You may use your eyes for reading or television viewing as frequently as you wish.
6. Do not use contact lenses for at least 2 weeks.
7. Do not use mascara, eyeliner, or eye shadow until approved by the physician (usually 10-14 days). Minimal makeup applied to bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
8. Any apparent redness of the whites of the eyes is only a form of bruising and will subside during the early healing process.
9. Do not engage in vigorous exercise or sports for at least 3 weeks or until approved by the office
10. It is not abnormal to feel slight itching and tightness of the eyelids during the early healing period.
11. **DO NOT TAKE ANY CHANCES!!!!** Please do not hesitate to contact the office if you are concerned about anything you consider significant.