



**TOTONCHI**  
PLASTIC SURGERY

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### **Care after Eyelid Surgery (Blepharoplasty)**

This page contains answers to frequently asked questions regarding your care after an eyelid surgery (blepharoplasty). This information will help you remember the instructions given to you after surgery.

#### **What will I see when I look into a mirror?**

The incisions will be repaired with very fine sutures. You may be able to see the knots at either end of the eyelids. We normally use clear sutures which have a long tail that you may see or feel at the inner and outer corners of the eyes. The eyelids will be a bit bruised, puffy, and sometimes weeping a clear red to yellow fluid. This is normal. Your eyelids will be more swollen in the morning and will gradually improve during the day. It takes 10 days to 2 weeks for all the swelling to resolve, sometimes longer.

#### **How will my eyes feel?**

The eyelids will feel mildly painful and sometimes itchy. Your eyes may feel dry from the swelling and the medications used during the surgery. We will have you use artificial tears/ointments to keep your eyes lubricated. We also recommend wearing wrap-around sunglasses when you are in bright light. They will provide protection from both the light and air movement.

#### **How long should I use ice packs?**

We recommend that you use cold compresses for 10 minutes out of 30 min for up to 12 hours after your surgery. This will help to minimize bruising.

### **When can I shower or take a bath?**

You can normally bathe or shower 4-5 days after your surgery using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water. Avoid allowing water to run directly over your eyelids. Pat your eyelids dry and apply a thin layer of the ointment that will be provided to you after surgery.

### **When can I wear eye make-up?**

In general, you should be able to use hypoallergenic eye make-up two weeks after your surgery.

### **When can I put in my contact lenses?**

You are able to put in soft lenses 2 weeks after your surgery. Use of hard contact lenses normally requires more recovery time before you are comfortable wearing them, so plan on 3 weeks after your procedure.

### **What can I do after surgery?**

You should take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable. Avoid lifting more than 5 lbs and avoid bending over with your head hanging down for 2 weeks. No heavy exercise for 4 weeks and be sure to gradually return to your normal exercise routine.

Sleep on your back for two weeks in a semi reclined position, using pillows to elevate your upper body.

### **When can I drive?**

You should be able to drive about five to seven days after surgery or when the swelling resolves. You should never drive if you are still taking any prescription pain medication.

### **When will I be able to return to work?**

Depending on the type of work you do, you should be able to return to your job in 2-3 weeks or as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in 7 to 10 days.

### **How much pain will I have?**

The most discomfort that you will have lasts 3 to 5 days, sometimes a little longer. As you feel more comfortable, your need for medication will lessen.

### **What medications should I use?**

We will prescribe a pain medication, an antibiotic eye ointment, and sometimes a medication for nausea for you. Follow the directions on the bottle for their use. The pain medication will make you feel drowsy. Have someone assist you in your home and do not attempt to drive while you are taking the pain medication. A few days after surgery, most patients will find that Tylenol will take care of the discomfort. Do not use aspirin or ibuprofen for 7-10 days after surgery. Apply the ointment to your eyelid incisions twice a day for 7 days.

### **Can I drink alcohol?**

Do not drink alcohol for five days after your surgery.

## **When will I be seen in the office after surgery?**

You will normally be seen in the office within 3 to 5 days of your surgery and then at about two weeks, one month, three months, and six months after surgery to monitor healing. Additional appointments may be necessary and will be determined by your recovery.

## **How will I know if I am having a problem?**

Urgent problems after eyelid surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

### **Vision Problems**

If you experience any change in vision, “flashing lights”, or loss of peripheral vision, contact our office immediately.

**Hematoma** (blood collecting under your eyelids) can occur within hours of your surgery.

The warning signs are:

- Severe pain that does not respond to medication
- Significant swelling of an eyelid
- Excessive or growing bruising of an eyelid

**Infection** is rare following eyelid surgery. It is normal to have a very small amount of drainage from your incisions for one to two days. Signs of infection are:

- Increased temperature
- Increasing drainage from the incisions
- Increasing redness around the incisions

**Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, intravenous fluids given to you during the surgery and your decreased level of activity, this swelling is normally mild, painless, and affects both legs evenly. If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your legs, contact the office immediately.

**Breathing problems** after eyelid surgery are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breath, you must contact our office or be seen in the nearest emergency medical facility without delay.

**Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.

If you have any of the above problems or other questions, contact our office at 440-461-7999