



BLEPHAROPLASTY POSTOPERATIVE INSTRUCTIONS

Introduction

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

Your eyelid surgery may consist of a combination of any of the following: upper lids, lower lids, laser resurfacing or a chemical peel of the skin around the eyes, and a brow lift. Bruising and swelling are common and expected following eyelid procedures, however, serious complications are rare. Minor oozing of the wounds can be expected. This is very different than bleeding behind the eye, which can be a very serious but uncommon complication. The main reason bleeding occurs is from patients elevating their blood pressure by bending, lifting, straining, coughing, sneezing, straining on the toilet and other strenuous activities. Patients may have swelling and blurry vision, but should be able to see light and count fingers. If you experience severe stabbing pain behind the eye call Dr. Mueller immediately. We ask that you avoid any strenuous activity that may increase your blood pressure for ten days following your surgery.

To help prevent bleeding complications, please review our “Medications to Avoid” list. Many prescriptions and over the counter medicines can cause bleeding. We ask that you refrain from taking any of the items on our list for **TWO WEEKS** prior to your surgery.

After Surgery

It is important to keep cold compresses on the eyes the first 48 hours after surgery. This can be done with cold wash cloths from a basin of ice water or with small bags of frozen peas. Do not use an ice bag. Wash cloths should be changed every 20 to 30 minutes through the first night to keep them cool. If your skin has been treated with the laser, you should keep a thin coating of Vaseline or Aquaphor over the wounds. You should plan on remaining within thirty miles from the location of your surgery for this first night. It is also important for you to keep your head elevated the evening after surgery as well as for the first two weeks following surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath the head. Avoid rolling onto your face. Sleeping on your back for the first two weeks after surgery helps to ensure this.



Instructions

1. Apply ice as instructed above.
2. Take all medications as prescribed by Dr. Mueller.
3. You may shower the day after your surgery.
4. Go over suture lines three times daily with hydrogen peroxide on a Q-tip. After this, again with a Q-tip, apply a small amount of the antibiotic ointment (Bacitracin or Neosporin). Do this twice a day. The goal is to keep clotting and scabbing to a minimum.
5. Some patients may experience dry eyes. If you do, you may use **Refresh Eye Drops** for daytime use and **Refresh Plus Eye Drops** for night use. Place one drop in each eye every 2 -3 hours as needed.
6. If you have sutures, they will be removed 5 – 6 days following surgery.

Restrictions

1. No strenuous exercise for at least 10 days to two weeks.
2. No heavy lifting for three weeks.
3. Wait ten days to two weeks prior to putting your contacts in. You may begin wearing your glasses the day following surgery.
4. No tweezing of the eyebrow for two weeks.
5. Hair coloring should be delayed for four weeks after surgery.
6. No driving for one, preferably two weeks after surgery.
7. Eye shadow and false eyelashes should not be applied for two weeks after surgery.
8. Make up should not be applied for two weeks after surgery.