



Post-Operative Care for Blepharoplasty

1. Managing Swelling and Bruising

- **Cold Compress:** Apply a cold compress (not directly on the skin) to reduce swelling and discomfort. Use it for 10-15 minutes every hour during the first 24-48 hours.
- **Head Elevation:** Keep your head elevated, even while sleeping. Use extra pillows or a recliner to minimize swelling.

2. Medication

- **Pain Relief:** Take prescribed pain medications as directed. Over-the-counter medications like acetaminophen (Tylenol) may be used if your doctor approves.
- **Antibiotics:** If prescribed, take the full course of antibiotics to prevent infection. For lower lids, you will be given eyedrops. Please use as directed.
- **Avoid Certain Medications:** Do not take aspirin, ibuprofen, or other blood-thinning medications unless approved by your surgeon.

3. Eye Care

- **Lubrication:** Use any prescribed eye drops or ointments to prevent dryness and promote healing.
- **Avoid Irritants:** Do not let soap or shampoo come into contact with your eyes during the initial healing phase.
- **Contact Lenses:** Avoid wearing contact lenses until your surgeon confirms it's safe.

4. Activity Restrictions

- **Rest:** Avoid strenuous activities, heavy lifting, or bending over for at least one to two weeks.
- **No Smoking or Alcohol:** Smoking and alcohol can delay healing and increase the risk of complications.
- **Limit Screen Time:** Minimize screen use (phones, computers, TV) to prevent eye strain.

5. Wound Care

- **Cleanliness:** Gently clean the incision sites as instructed by your surgeon using a mild cleanser or saline solution.
- **Avoid Makeup:** Do not apply makeup to the surgical area until your surgeon advises it's safe.
- **Sun Protection:** Use dark sunglasses to protect your eyes from sunlight and wind. Avoid direct sun exposure on the incisions.

6. Monitoring for Complications

- Watch for signs of infection, including:
 - Increased redness or swelling around the incision
 - Pus or discharge from the incision
 - Fever or chills
- Notify your surgeon if you experience severe pain, vision changes, or any unusual symptoms.

7. Follow-Up Appointments

- Attend all scheduled follow-ups with your surgeon to monitor your healing progress and address any concerns.

Healing Timeline

- **First Few Days:** Swelling, bruising, and mild discomfort are common.
- **1-2 Weeks:** Most swelling and bruising should subside. Stitches may be removed during this period.

- **4-6 Weeks:** Most patients can resume normal activities, but healing continues for several months.

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