

**Blepharoplasty**  
*Eyelid Surgery*

*In addition to the general post-operative instructions you have been given, please follow these specific instructions for your procedure.*

1. **Ice Packs:** Ice packs (frozen peas in ziplock bags) should be applied to the eyes as soon as you return home from surgery. Ice packs should be applied in 20-minute intervals (20 minutes on, 20 minutes off) while you are awake for the first 2-3 days after surgery. This will decrease the swelling and discoloration. **DO NOT** put ice packs directly on eyelid skin, place gauze or a washcloth between your skin and the ice pack. You may find it helpful to tie a scarf around your head to secure the ice packs.
  
2. **Incisions:** Clean incisions with a gauze pad or cotton tips using tepid water to remove any crusts that may form. Apply a thin layer of the Lacrilube, Bacitracin or 1% Hydrocortisone ointment to the suture line. **DO NOT** pull on the area, but pat gently. This should be done 3 times per day, especially during the first 48 hours following surgery. Continue to clean the incisions until the sutures are removed.
  
3. **Medications:** Tylenol or the pain medication that was prescribed by our office may be taken for pain or burning. **DO NOT** take aspirin products or anti-inflammatory medications for 2 weeks after surgery. Slight burning, blurred vision and discomfort are common for the first 24 hours. ***In the case of undue pain or swelling, contact our office immediately.***
  
4. **Activity:** Avoid excessive use of the eyes, especially the first 24 hours after surgery.
  
5. **Contact Lenses:** Lenses may be worn 7-10 days after surgery.
  
6. **Sun:** Avoid the sun, especially for the first 24 hours after surgery.
  
7. **Healing Process:** Maximum swelling and bruising will occur 48 hours after surgery with the majority usually being absorbed within 10-14 days. Sutures will be removed 3-6 days after surgery. The final outcome will be evident in 3-6 months.

*If you have any questions, please call our office at (818)-888-7878*