

Glasgold Group Surgery Center

POST-OPERATIVE INSTRUCTIONS BLEPHAROPLASTY

To help with swelling, apply ice/cold compresses to your eyes for 3 days. Wrap the ice packs in clean gauze. **Do not** apply ice directly to the skin. Apply for 10-15 minutes at a time. **Do not** ice for longer than 15 minutes at a time. Apply ice on and off throughout the day as directed 10-15 minutes on, 20-30 minutes off. You may ice past 4 days for comfort.

Keep head elevated on 2-3 pillows while resting and sleeping for at least the first 48 hours.

You may shower briefly (not too hot) 24 hours after the surgery.

The 1st post-operative appointment is 6-7 days after surgery. Sutures will be removed.

AQUAPHOR ointment should be applied to the eye suture lines 2 times a day until sutures are removed. There is a running suture under the skin with the ends of the sutures taped at the eyebrow with a steri-strip.

Do not remove the tape or cut the suture. If the tape comes off, cut the sticky end of a bandaid and tape the suture back up.

STERILE eye wash solution may be used to moisten the eyes as needed and may be obtained from your pharmacy: (i.e. rewetting drops, sterile saline solution or Natural Tears).

Extra-strength Tylenol may be taken for discomfort or you may take the prescription pain reliever as directed instead if needed.

EYE MAKE-UP may be applied 3 days after sutures are removed. Be gentle with application and removal.

Additional Instructions for Patients Who Had Lower Lid Transconjunctival Blepharoplasty

Do not wear contact lenses for at least 1 week.

Contact Information

During regular business hours call (732)846-6540

Before/after regular business hours call (732)790-5070

In case of emergency call 911 or go directly to the ER