



## **POST-OPERATIVE INSTRUCTION**

### **BLEPHAROPLASTY**

ICED compresses should be applied to the eyes frequently for the first 4 days after surgery. 15 minutes on, 20 minutes off while awake as much as possible. Do NOT ice for longer than 20 minutes at a time.

You may shower 24 hours after the surgery, if you feel well. Do not make the shower too hot, and do not take a long shower.

The FIRST post-operative appointment should be 4-5 days after surgery. Eye sutures will be removed at this time.

AQUAPHOR ointment should be applied to the eye suture lines 2 times a day until sutures are removed.

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

Extra-strength Tylenol may be taken for discomfort.

EYE MAKE-UP may be applied when the sutures are removed.

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

**NOTIFY THE OFFICE OF ANY UNEXPECTED PROBLEMS.**