

**BLEPHAROPLASTY  
(Eyelid Surgery)  
AFTER CARE INSTRUCTIONS**

After surgery it is best for you to keep your head elevated on 2 pillows when in bed.

Apply ice packs to your eyes for at least the first 72 hours to minimize swelling and bruising you will have after surgery. Use ice packs to your eyes every 1 hour for 20 minutes while awake. It is easiest to use frozen corn or peas that can be re-frozen.

IF YOU HAVE DISCOMFORT IN YOUR EYES, TAKE THE PAIN MEDICATION AS DIRECTED. It is best to take it with crackers, Jello, etc. *APPLY REFRESH PLUS EYE DROPS (AVAILABLE OVER THE COUNTER) IN EACH EYE (2-3 DROPS) AS OFTEN AS YOU NEED THEM.* If you have no pain, do not take the medication. Do not drink alcohol until you have stopped the pain medication.

A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or jello. You can start the next day with a regular diet.

You can expect some bleeding from the suture lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.

IF YOUR EYES BURN OR REMAIN PARTIALLY OPEN WHEN SLEEPING, APPLY THE *REFRESH P.M. OINTMENT (AVAILABLE OVER THE COUNTER) INSIDE THE EYELID AS LONG AS NEEDED. THIS WILL MAKE YOUR VISION BLURRY, BUT IT WILL CLEAR AS THE OINTMENT IS ABSORBED.*

USE TOBRADEX EYE DROPS IN EACH EYE (2 DROPS) 3 TIMES PER DAY FOR THE FIRST 3-4 DAYS.

The 2<sup>nd</sup> day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap (Ivory or Neutrogena) and rinse with water. It will not hurt to get water on the stitches or in the eyes.

Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.

Avoid strenuous activity (INCREASING YOUR HEART RATE ABOVE 100 BEATS PER MINUTE) i.e., aerobics, heavy lifting, and bending over for the first 3 weeks after surgery. After 2 weeks you should slowly increase your activities so you will be back to normal by the end of the 3<sup>rd</sup> week.

If you experience itching in the eyes or any discomfort after a few days postoperatively, warm compresses will relieve your symptoms.

If your eyes become red and irritated or if you form yellow matter in your eyes, discontinue the ointment and call our office.

If you awaken in the morning with eye irritation or red eye-it means you need to use more Refresh Plus at night as your eyelids do not close completely for several weeks after surgery.

## **GENERAL INFORMATION**

Tearing often occurs after surgery. This will stop as the swelling goes away.

Tightness of the eyelids is a normal feeling after surgery. This may make it hard to close the eyelids completely. This will relax with time. There may be a feeling of numbness of the eyelids that will subside with time.

Red discoloration of the eyes may occur if there is a lot of swelling. This is painless, will not harm your vision, and will disappear completely. This swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.

Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually about 10 days after surgery. If it is necessary to pull down on your eyelid to insert them, they should not be worn for 2 weeks. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell-it can take several weeks to resolve-be patient, it will go away.

Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until 2 weeks postoperatively.

Avoid lifting anything heavier than 10 pounds for 3 weeks after surgery. If you must bend down to pick something up, bend at the knees and not at the waist.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 20 or greater that has both UVA and UVB protection for at least 6 months.

Take your medications carefully and only as directed.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.

If you develop a fever (oral temperature greater than 101.5°), and/or have redness or increased pain at the site of your surgical incisions, please call Dr. Sundine's office immediately at 949-706-3100 (Newport Beach Office).