

BLEPHAROPLASTY

Post-operative instructions

1. Cool compresses to eyes for 2 days. Small ziplock bags of frozen peas often work well and can be rotated through the freezer. 10 minutes per hour while awake works well.
2. Keep head elevated wherever possible for the first 3 days
Do not bend over.
Do not squint or frown
Avoid excessive movement of facial muscles
Do not wear make-up
Avoid lifting anything heavy
3. Notify Dr Roth if you notice any of the following –
Excessive pain, bleeding or swelling
Changes in vision
You develop a fever > 38.5 degrees
4. Attend your follow-up appointment one week following the procedure.
5. Take all medication as directed.
 - Antibiotic ointment will be prescribed and this needs to be applied to the wounds twice a day.
 - During the first few days the eyelids may not close completely due to swelling and it may be necessary to apply antibiotic ointment to the eye at night to avoid a dry eye. Lubricating drops during the day may also occasionally be necessary. Antibiotic ointment when placed in the eye makes vision blurry.
 - If you had a transconjunctival lowered eyelid blepharoplasty, you may be prescribed eye drops that contain a steroid and antibiotic.
 - After 3 days, warm compresses can be used. These can help to soften any dry blood and assist with gentle cleaning of the wound.

After suture removal

- Your sutures will be removed at approximately 7 days after surgery
- After this avoid rubbing the eyelids as this may result in the wounds breaking open
- There is often numbness just below where any surgical incisions are made; this is normal. Patients often notice this when applying eyeliner.
- The second post-operative appointment is usually made at 6 weeks. A further set of photographs is taken at this point to compare with the pre-operative set.