

Blepharoplasty Post-operative Information

After surgery

1. Apply cool compresses to your 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. Paracetamol and ibuprofen pain medication is fine to take post surgery. Please take as needed.
- 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.
- Limit sun exposure and apply sun cream to the site to reduce any change in pigmentation

If you are concerned at any time after your surgery, please contact Dr Roth's rooms on (02) 9982 3439 or via email on info@drjasonroth.com.au. If it is out of business hours and you need urgent care, please attend your nearest emergency department or GP. If your surgery was performed at Castlecrag Private Hospital or North Shore Private Hospital you may also contact the ward nursing staff who are there 24 hrs a day. Note that these hospitals do not have an emergency department, have no medical staff on site overnight and cannot provide assistance in the case of emergencies once you have left the hospital.