



Blepharoplasty Surgery

Post-Operative Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect:

- Nausea can occur following any surgical procedure and generally passes by the first postoperative day.
- Maximum discomfort will occur the first few days after surgery and then will subside gradually.
- Occasionally, the eyes are bandaged for the first night.
- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have gummy eyes for approximately 1 week.
- Dr. Holland may recommend Natural Tears (OTC eyedrops) or Lacrilube (OTC ophthalmic ointment) as part of your post op treatment.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.
- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out.

Pain Medication:

- **Take pain medication as prescribed.**
- **For pain that is less intense it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

Diet:

- Follow a balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase your fluid intake.
- You may not feel very hungry for one to three days following the surgery. You should consume easily digested food for the first twenty-four hours (ex. toast, crackers, soup, bananas, rice, and applesauce).
- Do not drink alcohol when taking pain medications.



Activities:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Listen to your body and rest when you are tired.
- Begin walking as soon as possible. Doing so will reduce swelling, prevent post-operative complications, and promote recovery.
- Do not drive until you are no longer taking the prescribed pain medications.
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- Return to work in 10-14 days.

Wound care:

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on. If steri-strips come off, you can replace them if provided with additional strips.
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold saline compresses for the first 24 hours for comfort and to reduce swelling and bruising.
- Generally, your hair can be shampooed anytime after surgery.
- Wait at least 2 weeks before wearing contact lenses.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.

Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- You have side effects such as rash, nausea, headache and or vomiting from the medication.
- Severe bleeding occurs. Apply direct pressure to the area.
- You have a loss of feeling or motion, or visual changes.

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**