



## **BLEPHAROPLASTY (EYELID SURGERY) POST-OPERATIVE GUIDELINES**

### **Instructions**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Take any antibiotics as instructed. It helps to eat cultured yogurt or over the counter Acidophilus tablets while on antibiotics to minimize intestinal side effects.
- You may be prescribed steroid tablets to minimize post op swelling. If so, take them as instructed on the packet. Note that steroids can make you feel anxious; this is a common side effect.
- Dr. Khosh may instruct you to take the herbal supplement Arnica-Montana. This is intended to minimize bruising.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 2 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### **What To Expect**

- 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.
- 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.

### **Activities**

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- 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.
- Read or watch television after 2-3 days.
- Return to work in 7-14 days.

### **Incision Care**

- You may shower 24 hours after the end of surgery.
- Avoid exposing scars to sun for 6 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- You may be instructed to apply prescription ointment to the incisions. Follow those instructions.
- Keep steri-strips on; replace if they come off.
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold compresses first 72 hours for comfort and to reduce swelling and bruising. Frozen peas in a Ziplock bag work very well for this purpose.
- Keep your head elevated for several days; sleep with your head on 2 pillows at least 1 week.
- 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.

### **Appearance**

- 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; can be easily removed by surgeon.
- Facial makeup can cover up bruising after the sutures are removed.

### **Follow-Up Care**

- Sutures will usually be removed in 5-7 days.

### **When To Call**

- If you have severe pain in the eye, especially if it's one side pain.
- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- **If you have any concerns or questions you may reach Dr. Khosh at 212-339-9988.**