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# Recovery Instructions

**EYELID LIFT SURGERY (BLEPHAROPLASTY)**

This is an outpatient surgery. If you choose to have blepharoplasty done under local anesthesia, the procedure may be done in the office.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh 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 unless approved by your surgeon.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Sleep with your head elevated 45 degrees for several days to minimize swelling.

Some patients find sleeping in a recliner helpful.

**Activities**

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

Limit activities to light duty for 3-5 days.

No lifting greater than 5 pounds for 1-2 weeks.

Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports for 2-3 weeks.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 2-3 weeks.

Return to work in 7-10 days.

**Incision Care**

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips in place.

Keep incisions clean, dry and inspect daily for signs of infection.

Use cold saline compresses for the first 24-48 hours to reduce swelling and bruising.

You can shampoo your hair 1-2 days after surgery.

Wait a minimum of 2 weeks before wearing contact lenses.

Lubricate with lubricating eye drops frequently.

You will have sensitivity to sunlight, wind and other irritants for several weeks.

Wear sunglasses and eyelid cream that contains sunblock.

### **What To Expect**

Maximum discomfort should occur in the first few days, improving each day thereafter.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and/or itching of eyes.

You may have oozing or crusting of eyes for approximately 1 week.

Use Natural Tears (OTC eye drops) or Lacrilube (OTC ophthalmic ointment) as part of your post op treatment.

For the first few weeks, you may experience tearing, sensitivity to light, and double or blurred vision.

You may have difficulty closing your eyes when you sleep.

Use ointment at night to protect your eyes.

### **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 are usually removed in 5-7 days.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

### **When To Call**

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 severe or increased pain not relieved by medication.

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.

**Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends. Messages received after hours or on weekends will be processed the next business day.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.