

Blepharoplasty (Eyelid Surgery)

Post Op Instructions:

The Dressing:

You may have gauze or pads over your incisions to absorb any drainage. These can be removed the day after your surgery. Steri-Strips (paper tapes) on the incisions can remain in place for approximately one week. Please replace them if they come off.

Incision Care:

Remove the gauze (if any) the day after surgery and wash the wounds with soap and water. Gently pat the paper tapes dry. The sutures are usually removed 5-7 days after surgery.

Swelling:

Expect swelling to start immediately after your surgery. It should peak over 3 to 4 days and will lessen by 2 weeks.

To minimize swelling for the first 2-3 days:

1. Keep your head elevated on extra pillows when lying down.
2. Apply an ice pack for 20 minutes every 2 hours while awake, protect your skin with a thin cloth.
3. Avoid activities that raise your blood pressure (exercising and bending over).

Pain:

Take pain medication as directed: Tylenol

Ibuprofen

Celecoxib (Celebrex)

Prescription Medication: _____

If you have worsening pain not controlled by your medication, contact our office for instructions.

Eye Care:

Wait at least 2 weeks before wearing contact lenses. Bright sunshine may be irritating for the first few weeks, wearing sunglasses can help. If your eyes are dry and/or irritated, use an over the counter eye drop like "Natural Tears" to ease the discomfort.

Use a wet cloth or Q-Tip to gently remove any crusts that build at the corners of your eyes.

What to Expect After your Surgery:

- You may have bandages that cover the eyes for the first night
- Swelling, bruising, dryness, burning or eye itching for 1 to 2 weeks
- Temporary double or blurred vision
- Temporary difficulty completely closing the eyes during sleep
- Increased eye watering is normal for the first few weeks

Appearance:

- Swelling and bruising will be likely up to 2 weeks after surgery
- Scars will remain slightly pink for more than 6 months
- Eye makeup can cover any bruising AFTER your stitches are removed

Activities:

- After surgery, it is important for you to rest. It is equally important that you move your body to ensure you do not get blood clots. Please ensure you get up to go to the washroom, eat your meals etc. In the days that follow, go for frequent short walks around the house to keep your body moving and avoid blood clots.
- You may begin to read or watch television after 2 to 3 days.
- Avoid strenuous exercise for 2 to 3 weeks.

Work: You will likely be ready to return to work within 2-4 weeks depending on your occupation and type of physical exertion required.

Driving: You must be pain free and off all pain medication before driving. Take a licensed adult with you for your first short trip.

If you have any of the following, call our office (during business hours), your GP or present to the Emergency Department:

- ***Signs of Infection:***
 - Pus-like drainage from the incision, grey or green.
 - Redness that spreads beyond the incision.
 - New pain, getting worse after 3 or 4 days.
 - Fever, chills, sweats, aches and pains (flu-like symptoms).
- ***Signs of Blood Collection:***
 - Rapid swelling, pain and firmness.
- ***Questions not addressed by this handout***

Special Instructions:

For After-Hours Emergencies:

Call the Queensway Carleton Hospital at 613-721-2000 and the Plastic Surgeon on-call will be paged.

Follow Up Appointment:

Your Patient Care Coordinator will call you to confirm your appointment.

Please call us at 613-232-7777 if you have any questions or concerns.

Your appointment has been scheduled for: _____.