



Blepharoplasty Post Op-Instructions

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Apply an ice pack or iced gauze pads (gauze pads dipped in ice water and wrung out) to the eyes and cheeks every 30 minutes on/off for the first 48 hours to minimize swelling and discoloration.

Keep your head elevated to minimize swelling. A recliner works well; an adequate alternative is adding an extra pillow on your bed.

You may wash your face. You may shower and wash your hair.

If you have external eyelid incisions, you may clean them gently with a cotton swab and half-strength hydrogen peroxide (dilute with water). We will prescribe an antibiotic ointment formulated for eyelid use, which should be then applied to the incision three times a day after cleaning. **Avoid over-the-counter ointments.**

You may wear contact lenses two to three weeks after surgery.

Avoid extreme physical activity including exercise. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting and straining may be gradually resumed three weeks after surgery.

You must absolutely avoid sun exposure, sun lamps and tanning beds for six weeks after surgery. Heat may cause your face to swell. We recommend wearing SPF 30 sunscreen or higher.

Don't be concerned if the eyes show some swelling – this usually resolves within two weeks. In certain patients, it may take six months for all swelling to completely subside.

Only take medications prescribed by your doctor.

Makeup may be applied seven to ten days after surgery.