

HOME CARE INSTRUCTIONS FOLLOWING BLEPHAROPLASTY

I. CARE OF EYES

- A. You will not have any bandages or dressings on your eyes. You may have a small piece of tape at the corners of your eyes to hold the sutures in place. Leave this tape in place.**
- B. Your eyes and surrounding areas will be swollen and you will have some bruising. Uneven swelling (more on one side than the other) is also normal. Your swelling may increase during the first 48 hours after surgery; it will gradually subside thereafter. You may notice an increase in swelling in the morning – this will also slowly subside as the day progresses.**
- C. Keep your head elevated as much as possible.**
- D. Apply gauze soaked in ice water to your eyes during the first afternoon/evening after surgery (reapplying as the gauze becomes warm) or half way with crushed ice. Place this in a soft washcloth that has been moistened in cold water and lay it across the eyes.**
- E. Monitor your incision and report any signs of infection: spreading redness, excessive swelling or drainage, increasing pain, increasing warmth, or fever of 100.5 or greater.**
- F. Residual bruising can be covered with makeup once your stitches are removed in 2 to 5 days after surgery. Once the stitches are out, the swelling and discoloration around your eyes will start to gradually subside and you'll start to feel much better.**
- G. Excessive tearing, sensitivity to bright light, blurred vision, or double vision may occur for a short period of time during the first few weeks after surgery.**

II. PAIN MANAGEMENT

Your eyelids may feel tight and sore after surgery. This should be easily controlled by the pain, medication prescribed for you. If the pain is severe or you feel a scratching, burning sensation, or a sense of a foreign body in your eyes, please call us at 312 695=6022.

III. ACTIVITIES

- A. Keep your head elevated for several days after surgery – including while sleeping.**
- B. Drink plenty of fluids, eat lightly, and rest, especially for the first three days after surgery**
- C. Wear dark glasses when out, as you may be sensitive to sunlight, wind, and other irritants for several weeks.**
- D. Avoid strenuous activity and rigorous exercises for 2-3 weeks. Avoid bending over and lifting as much as possible.**
- E. Do not drive for the first 24 hours after surgery or if you are taking prescription pain medication or if your vision is not clear**
- F. A lot of reading or work that is done in close range may cause your eyes to feel overtired for the first few days.**
- G. You will not be able to wear contact lenses until your doctor has determined that you have healed sufficiently –this usual occurs in 7-10 days even then, the contacts may not feel comfortable at first.**
- H. Your eyes may be more comfortable with the use of artificial tears, which you can purchase without a prescription at the pharmacy.**
- I. You may return to work when the swelling is diminished, your vision is clear, and you are feeling well – for most people this occurs a week to 17 days after surgery.**