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## **POST-OPERATIVE INSTRUCTIONS**

### **EYELID OR BLEPHAROPLASTY SURGERY**

1. Common side effects include bruising and swelling of eyes.
2. Swiss Eye Mask will be given to you. Keep this cold and on your eyes as much as possible for the first 24 to 48 hours following surgery. When it becomes warm, place it in a bowl of ice water, shake it off and then reapply to your eyes. You can also add a small zip lock bag of frozen vegetables over the eye mask. This will keep the gel mask colder for a longer length of time. Once warm, dip the eye mask in a bowl of ice water, shake it off and reapply to your eyes.
3. No heavy lifting or strenuous activities for two weeks.
4. Refrain from using make-up for at least a week after surgery.
5. Keep your head elevated on several pillows and sleep on your back to minimize swelling for the first two weeks. You can purchase Arnica Montana 30x pills from the health food store to decrease swelling. You dissolve about three or more of these small pills under your tongue three times a day after surgery, if you decide to purchase them.
6. NO smoking before or for two weeks after surgery. This greatly interferes with your healing process.
7. If your eyes itch, then buy eye drops similar to your own tears. This can be purchased over-the-counter at your pharmacy. Ask your pharmacist to help you locate them. You will probably be given ophthalmic antibiotic ointment that you will apply to your eye incisions for the first days. Wash hands then squeeze some onto a clean q-tip and apply. After the first few days you might then just use this heavy antibiotic ointment mainly at night, since it tends to make your vision a little blurry.
8. Suture removal on the eyes is on day five to seven after surgery. Call the office to schedule this first appointment.