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Plastic Surgery

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BLEPHAROPLASTY POST- OPERATIVE INSTRUCTIONS

- Rest and avoid physical activity for the first week as this will significantly reduce bruising.
- Your eyelids may feel stiff and your eyes may be slightly irritated for the first few weeks; if this occurs, “artificial tears” eye drops may help.
- Place an extra pillow under your head at night for the first week.
- Apply cool compresses to the area of surgery as much, as possible, for the first 48 hours. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
- The incisions may drain small amounts of blood. If crusts form to the incisions, you may gently wash the surgical area using half strength hydrogen peroxide.
- Apply Polysporin ointment to the stitches four times daily.
- Do not use Vitamin E cream in the first six weeks as this may widen your scars.
- Avoid wearing make-up until the skin has healed, approximately 6 to 10 days.
- Daily use of sunscreens with **SPF 30** is recommended for several weeks afterwards.
- Approximately 3 weeks after surgery, and once the surgical area is comfortable, begin gentle massage of your eyelids. This will help to reduce swelling and soften any scarring.
- If any of the follow occur please notify Dr. Taylor:
 - Increased pain
 - Excessive bleeding
 - Increased swelling/redness, extending around the wound
 - Foul odour and/or increased drainage from incisions
 - Fever/chills
 - Decrease in vision
- Sutures should be removed _____ days after your surgery. Please call the office as soon as possible to arrange for an appointment.

SPECIAL INSTRUCTIONS :