

**Dr. Christopher D. Taylor, M.D., FRCS(C).**

*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 and shoulders at night for the first week.
- Apply cool compresses with a light weight icepack on top of the compresses to the area of surgery as much as possible, for the first 48 hours. You can use an ice mask, a wet facecloth placed in the freezer, or a small bag of frozen peas or corn. Do not apply ice directly to the skin; a lightweight cloth between the skin and icepack works well.
- The incisions may drain small amounts of blood. If crusts form on the incisions, gently clean the surgical area using normal saline and Q-tips. Do not scrub at the incisions; use a gentle rolling motion of the moistened Q-tip.
- Apply Polysporin ointment to the stitches three times daily x 3 days, Apply **only** to the incisions not covered by steristrips.
- 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 completely healed, approximately 6 to 10 days.
- Daily use of sunscreens with **SPF 30** is recommended for several weeks following surgery, once the incisions have healed.
- 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 5-7 days after your surgery. Please call the office as soon as possible to arrange for an appointment.