



INSTRUCTIONS AFTER BLEPHAROPLASTY (EYELID LIFT)

1. Keeping your head elevated above your waist will help reduce swelling. If you are not comfortable sleeping with your head elevated, you may sleep flat. It is more important to get a good nights rest.
2. You may apply cool compresses to your eyes for the first 48 hours while you're awake. This will help reduce some of the swelling and discomfort. **DO NOT** use ice and **DO NOT** apply heat.
3. When showering: You may shower, but avoid very hot water. Keep the incisions clean by applying a cool or warm moist cloth three or four times a day. Keeping the incisions clean will help make suture removal easier.
4. Blepharoplasty usually causes very little pain. If you experience any severe pain or visual changes, contact Dr. Kaplan's office immediately.
5. It is normal to experience swelling and bruising around the eyes for the first few weeks after surgery. Other normal experiences include:
 - Mild burning sensation in the incisions
 - Watery or dry eye sensation
 - Difficulty closing your eyelids for the first few days
 - A small amount of drainage during the first few days
6. Your sutures will be removed three to five days after surgery.
7. Wait until the incisions are healed before applying eye makeup or wearing contact lenses. This will be approximately seven days after surgery.
8. **Please call Dr. Kaplan at the first sign of:**
 - **Excessive (severe) pain and/or swelling**
 - **Redness, drainage, or odor from the incisions**
 - **Fever or chills**
 - **Shortness of breath**
9. It is extremely important that you do not smoke or have any form of nicotine for a

minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.

10. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
11. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
12. Avoid prolonged exposure to the sun, and wear sun protection with an SPF of 30 or higher for at least six months after surgery.
13. If you are having an upper eyelid lift, sutures will need to be removed 3 days after surgery. You will be given instructions on how to pull these sutures at home. If you do not feel comfortable doing so, we can make an appointment for you to come in to have them removed. If you have having a lower eyelid lift, no sutures need to be removed.
14. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time