

## BLEPHAROPLASTY

### Generic Postoperative Instructions

- Take all of your medications as prescribed by your surgeon
- Keep the surgical site clean and dry for 3-5 days and follow all wound care instructions
- Avoid any strenuous activity including exercise for the first few weeks after surgery
- Sleep with your upper body elevated, propped up on pillows, during the first week after surgery
- Avoid smoking and drinking alcohol, as they can slow the healing process
- Attend all follow-up appointments as scheduled and report any concerns immediately

### Blepharoplasty Specific Instructions

- After surgery, you may experience swelling and bruising which typically peaks at 48-72 hours and gradually subsides afterwards. To help reduce swelling, it is recommended to sit upright as much as possible during this period.
- Apply cool compresses to the surgical area intermittently in the first 72 hours. It is important to wrap the compresses in a clean towel and not apply them directly to the skin.
- Immediately after your surgery, you may experience difficulty closing your eye completely due to the effects of the local anaesthesia. This is an uncommon side effect but should resolve on its own once the anaesthesia wears off.
- Your eyes may feel dry or even gritty initially after blepharoplasty. This is due to reduced tear production and normal swelling around the eyes. To alleviate discomfort and promote healing, your surgeon may recommend using artificial tears or ointments to keep your eyes lubricated. Wear any compression garments or supports recommended by your surgeon.
- Avoid rubbing your eyes: Rubbing your eyes can increase swelling and bruising, so it's important to avoid touching or rubbing your eyes after surgery.

- Do not wear contact lenses: Your surgeon may advise you not to wear contact lenses for several weeks after surgery to allow your eyes to fully heal.
- Limit screen time: Staring at screens for extended periods can cause eye strain and dryness, which can be uncomfortable after blepharoplasty. It's a good idea to limit your screen time and take frequent breaks to rest your eyes.
- Use prescribed ointments or creams: Your surgeon may recommend using specific ointments or creams to aid in the healing process. Be sure to follow their instructions on how and when to use these products.
- Some patients may experience temporary blurred vision immediately after the surgery due to swelling and other postoperative effects. It is important to monitor any changes in vision carefully during the recovery period, and to contact your surgeon immediately if you notice any significant or persistent changes.

**If you have any postoperative care concerns or questions, please do not hesitate to contact us. You may email my secretary or call our office at 01227 764 499. During out of hours, you could directly contact the private hospital for further assistance.**