



For questions or emergency care, please contact us at 985-327-5905.

**POSTOPERATIVE INSTRUCTIONS
BLEPHAROPLASTY (Eyelid Surgery)**

- Clean suture lines with hydrogen peroxide and a Q-tip 4-6 times daily.
- Apply Tears Renewed, Lacri-lube, or Refresh PM ointment to eyelid incisions following cleaning 4 times daily.
- Apply Tears Renewed, Lacri-lube, or Refresh PM if they feel dry or irritated.
- Apply prescribed drops as directed for the first 3 days. Then, change to Refresh Plus drops (over the counter) for the next 4 days or until your follow up appointment.
- Report any eye pain or change in your vision to the office immediately.
- Continue cold compresses over the eyelids for 2 days
- Sleep on your back with the head of the bed elevated 30-45 degrees.
- Wash hair after surgery, if desired.
- Take oral antibiotics as prescribed. Take pain medication (if prescribed) as needed.

- Do NOT sleep on stomach or side.
- Do NOT apply any makeup (mascara, eyeliner or eye shadow) for 2 weeks after surgery.
- Do NOT exercise, bend over, or do any heavy lifting for the first 10 days.
- Do NOT wear contact lenses for 10 days. Make sure glasses do not push on incision lines.
- Do pluck eyebrows for 2 weeks.

Remember, bruising typically resolves within 10 – 14 days. Swelling may take a number of weeks to completely resolve, but is markedly improved within 7-10 days.

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