

Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

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BLEPHAROPLASTY POST-OP INSTRUCTIONS

TO REDUCE SWELLING: When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week.

ICE: Icing reduces both bruising and swelling. Apply ice up to 20 minutes per hour, while awake, for the first 48-72 hours. Place cold, moist gauze under the ice pack on your eyes to transfer the cold to your eyes. A mixture of 50% rubbing alcohol + 50% water combined in a Ziploc resealable sandwich bag makes an excellent ice pack. A package of frozen peas works quite well too.

MEDICATIONS: Take all medications as instructed.

ACTIVITY: The first night after surgery, bed rest with a small amount of walking is allowed. No bending, stooping, or straining for 7 days. Avoid strenuous exercise for 3 weeks and swimming for 4-6 weeks. Avoid over-heating and over exertion.

WASHING/BATHING: Do not touch or clean your eyelid incision for 3 days after surgery. You may shower the 3rd day after surgery. Use Artificial Tears eye drops in the eyes as needed for comfort, being careful not to pull down on the lids when inserting drops. If eyelids do not fully close during the first few days, contact Dr. Macdonald for Lacrilube ointment to be used in the eyes at night. Do not use eye makeup for 10 days. Do not wear contact lenses for 2-3 weeks.

DIET: Only liquids should be taken for the first 6 hours after surgery. A light soft diet may be tried in small amounts after that. A normal diet may be consumed the next morning.

SIGNS OF INFECTION: You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately.

QUESTIONS: Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's contact number or call coverage arrangements are indicated.