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Post-op Instructions - Eyelid Surgery (Blepharoplasty)

Dressing: If eyes do not close at first due to swelling, you may need to apply lubricating ointment at night (ex. Refresh P.M. Lubricating eye ointment or Lacri Lube). Also, you may use a piece of tape to keep the eyes closed at night to retain their moisture. During the daytime, you may use a natural tears formula (ex. Refresh artificial tears) as needed for dry eyes.

Sutures: The sutures in the upper eyelid will be removed in 5-7 days after surgery. Dr. Abolmaali uses dissolvable sutures for lower eyelid surgery, if there are incisions on the skin. They normally dissolve in 2 weeks.

Wound Care: You may shower but do not allow water to hit your eyes directly. Upper blepharoplasty incisions may be cleaned with gentle soap and water running over it without any rubbing. Apply a small amount of the advised antibiotic ointment over the incision lines. Bloody tears and drainage are normal, especially during the first few days or with increased activity. If eyes feel dry, a natural tears formula (ex. Refresh artificial tears) may be used as needed.

Activity: Head elevation will help to reduce swelling after the surgery. We recommend raising the head of bed at least 30-45 degrees or to use 2-3 pillows when lying down. Use ice-soaked gauze or cold packs over the surgical areas for the first 24-48 hours as often as tolerated to help decrease swelling and bruising. You should not lift any object heavier than a gallon of milk or bend over during the first week, as it may increase pressure on your face and risk formation of hematoma in the surgical site. After one week, you may increase your activities as tolerated without exerting yourself. Eat a soft diet for the first few days and make sure to drink plenty of fluids especially if you have to take narcotic pain medications. Do NOT take Aspirin, Ibuprofen or any other NSAID pain medications after the surgery. Avoid driving while still taking prescription pain medication or if you feel your vision is affected.

What to Expect: Swelling and bruising is normal. Eyes may feel dry and scratchy.

Special Instructions: Contacts may be worn after about one week.

Signs to watch for: Call the office immediately if you experience any of the following:

- A high fever (over 101F)

- Severe nausea/vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Chest pain or shortness of breath
- Swelling of the legs/ calves
- Excessive bleeding or fluid seeping from your dressings
- Sudden onset swelling in the eyes, which is more tender than before.
- Any change in your vision

Obviously, patient care is very individualized, and you will be instructed by Dr. Abolmaali before the surgery and/or during postoperative follow-ups of more individualized instructions.

If you have any questions/ concerns, please contact Dr. Abolmaali on his cell phone +1 (502) 265-6225; Alternatively, you may text this number.