



## Blepharoplasty Post-Operative Instructions

Dr. Waqqas Jalil | 7 St Thomas St, 208, Toronto ON

*Your guide to a smooth and confident recovery*

Nursing phone number: 437-494-3536

*Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.*

---

### Dressings & Wound Care

- At the end of your surgery, your incision lines will be covered with **fine steri-strips or surgical glue**.
- Keep the area **clean and dry** for the first **48 hours**.
- After 48 hours, you may begin **gentle cleansing** of the eyelids with water and a mild soap or a saline solution.
- **Do not rub** the eyelids. Pat the area dry with a clean tissue.
- Steri-strips will loosen and fall off naturally; do not pull or remove them early.
- All stitches are dissolving unless otherwise told. If non-dissolving sutures were placed, they will be removed at your post-operative visit (typically 5–7 days).

---

### Cold Compressing

- For the first **48 hours**, apply **cool compresses** (not ice directly) for **10–15 minutes every hour while awake**.
- This significantly reduces swelling and bruising.
- Avoid heavy ice packs; use a clean gauze with cool water or a refrigerated gel mask.

---

### Ointments & Eye Drops

- You may be provided with:
  - **Antibiotic ointment** – apply a very thin layer to the incision line **2–3 times per day**.
  - **Lubricating eye drops** – use as needed for dryness or irritation.
- Slight blurring of vision immediately after applying ointment is normal.

---

### Swelling, Bruising & Vision

- Swelling and bruising are expected and peak at **48–72 hours**, then gradually improve.
- Bruising may extend into the cheeks—this is normal.
- Temporary blurry vision, mild tearing, or light sensitivity may occur for a few days.
- Mild tightness when opening or closing the eyes is common during early healing.

---

### Pain & Medication

- Discomfort is usually minimal. You may be prescribed:
  - **Tylenol Extra Strength** – every 6 hours
  - **Celebrex (Celecoxib)** – every 12 hours for the first 3 days

# Aspect

- **Hydromorphone** – as needed for breakthrough pain
- Avoid Aspirin or NSAIDs unless instructed, as they increase bruising.
- To prevent constipation with narcotics:
  - Consider **Colace 200 mg twice daily**
  - Adequate fluids + fiber intake

---

## Sleeping Position

- Sleep with your **head elevated on 2–3 pillows** for the first **5–7 nights** to reduce swelling.
- Avoid sleeping on your side or stomach during the first week.

---

## Activity & Restrictions

- Walk lightly the day of surgery; avoid strenuous activity for **2 weeks**.
- Avoid:
  - Bending forward
  - Heavy lifting
  - Straining
  - Exercise that increases heart rate
- No contact lenses for **1–2 weeks**, or until comfortable.
- Avoid rubbing your eyes.

---

## Showering

- You may shower from the neck down on the day of surgery.
- **From Day 2 onward**, you may shower normally but avoid direct water pressure on the eyelids.

---

## Scar Care

- Once steri-strips have fallen off and incisions are fully dry (typically 7–10 days), begin gentle scar care:
  - Apply your recommended **scar gel** twice daily.
  - Start **gentle massage** at 10–14 days, progressing to firmer circular motions after one week of gentle massage.
- Avoid tanning or sun exposure on new scars for **6 months**, as it may cause permanent darkening.
- Sunglasses outdoors are strongly recommended.

---

## Tearing, Dryness & Irritation

- Mild dryness, tearing, or foreign-body sensation is common during the first week.
- Use lubricating eye drops as needed.
- If symptoms worsen or include pain or decreasing vision, contact us.

---



## Makeup

- Avoid eye makeup for **2 weeks**, or until incisions are fully healed.
- Use new mascara/eyeliner when restarting to avoid contamination.

---

## Emotional Recovery

It is common to feel a bit discouraged in the first few days due to swelling and bruising around the eyes. Eyelid skin is delicate and heals rapidly; results begin to refine noticeably by **7–10 days**, with continued improvement over several weeks.

---

## When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Sudden vision changes
- Severe eye pain
- Increasing redness, warmth, or foul drainage
- Fever  $> 38^{\circ}\text{C}$
- Rapid swelling on one side
- Shortness of breath or chest pain

If urgent and our office is closed, please visit **North York General Hospital Emergency Department** or your nearest emergency facility.