



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



- **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
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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.
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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.
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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.
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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.
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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.
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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°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.