

## **BLEPHAROPLASTY (EYELID LIFT) POST-OPERATIVE INSTRUCTIONS**

After surgery, your eyes will be somewhat bruised and swollen. The degree of bruising and swelling varies from person to person. To help reduce the swelling and bruising, take your Arnica Montana and Bromelain as directed, starting before and continuing after surgery.

You may lay gauze or a washcloth soaked in ice water on your eyes to help decrease swelling. You may also use frozen peas placed into small zipper bags. **DO NOT PLACE ICE DIRECTLY ON THE SURGICAL AREA.** The tissue is extremely fragile after surgery and you could cause a frostbite injury.

Keep your head elevated above your heart for at least the first week after surgery. Prop yourself up on pillows or in a reclining chair to sleep. This will also help to reduce swelling.

Your stitches will be removed anywhere from 4-7 days, depending on the rate at which you heal.

You may experience some blurred vision and some temporary visual changes. Blurred vision can be caused by the ointment that is put into your eyes before you wake up from surgery, or is frequently a temporary effect of the surgery. You may gently splash cold water in your eyes to help relieve this.

After surgery, you may or may not be able to read and/or watch TV, depending on how much swelling you have. You will need to limit the use of your eyes if you can see well. Do not “strain” your eyes. Limit your reading, TV viewing and computer work to about one hour at a time. Rest your eyes between viewing sessions.

**DO NOT SMOKE!** The time after surgery is crucial to healing. Even one cigarette can damage blood flow.

Your eyes may not be closing completely after surgery and it is important to prevent them from drying out. If they do dry out it can be quite painful. There are multiple over the counter products that can help. The individual “bullets” of saline (Refresh, Bausch & Lomb) are great for moisturizing your eyes throughout the day. These individual doses do not have preservatives, which we prefer right after surgery. At night you will likely need a more lubricating product (Lacrilube, Genteal) that will last longer, but these products can temporarily blur your vision.

Please purchase these over the counter eye care products before your surgery in addition to filling your prescription medications:

1. **Lacrilube/Oculube/Duolube, etc.** An oily feeling eye ointment to be used at bedtime only. This ointment helps your eyes to stay moist (not dry out) while you sleep. You will apply it into your eye by looking up as far as you can, pulling gently downward on your lower eyelid and putting a thin ribbon of the ointment all the way across your eye. Do not touch the tip of the tube to your eye. This will blur your vision, so put it in right before you go to sleep.
2. **Artificial tears** (any brand) – this will help to keep your eyes from drying out during the hours you are awake. Use it as often as you like for comfort. Be sure to read the ingredients and check for alcohol before you buy the product. Using alcohol in eye drops is an old trick. The alcohol dries out your eyes so you need to use more of the product. Avoid any drops with alcohol as an ingredient. Do not touch the tip of the bottle to your eye.

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3. **Saline for eyes** (any brand) – look in the contact lens section of your store’s pharmacy department to find saline. After any type of eye surgery, it is common for your eyes to become “goopy”. Clean your eyes as needed to avoid them being stuck together by the “goop”. Hold the bottle over your eyes and squeeze. Do not put the tip of the bottle into your eye. Pat your eyes dry. Avoid rubbing.
4. Lotomax – These drops are very soothing to the eyes and can be used up to four times per day.

Prescription Antibiotic Ointment (bacitracin ophthalmic) – You may be given a prescription at your pre-op appointment or a small tube of ointment the day of surgery that you can use on your sutures 2-3 times per day.

Prescription Steroid Ointment (tobradex, cortisporin) – These ointments have antibiotics and also a steroid that soothes the eyes but **USE NO LONGER THAN ONE WEEK.**