



### **Eyelid Surgery (Blepharoplasty) Instructions**

*Supplies Needed (all provided in care bag):* Gauze, Q-tips, Eye-safe antibiotic ointment, artificial tears, prescribed and over-the-counter oral medications

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#### **Two Weeks Before Surgery**

1. Discontinue all blood thinners, including aspirin, ibuprofen, NSAIDs, vitamins, supplements, and herbal remedies. Only take Tylenol (acetaminophen) for pain relief. Contact our office before taking any other medications.
  2. Remove all false eyelashes. Failure to do so may result in rescheduling.
  3. Stop smoking and all nicotine products at least 3 weeks before surgery. Nicotine increases healing time and risks skin loss. A nicotine test may be required, and a positive result will lead to rescheduling.
  4. Stop alcohol consumption at least 7 days before surgery.
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#### **Day Before Surgery**

1. If undergoing IV sedation or General anesthesia: Do not eat or drink after midnight, including water, coffee, snacks, gum, or mints.
  2. If undergoing procedure under local (numbing medication), okay to eat and drink as usual but have a light, bland meal before procedure.
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#### **Morning of Surgery**

1. If undergoing anesthesia or taking oral sedatives (i.e. Valium, Xanax, etc): **Arrange for a responsible adult to drive you home.**
2. Wash your face thoroughly. Do not apply makeup, moisturizer, sunscreen, or skin products.
3. Bring sunglasses for eye protection (your eyes will be light sensitive)
4. Wear loose, comfortable clothing with a button-up or zip-up top.
5. Take all your previously prescribed medications you would normally take (except any blood thinners!).
6. Begin Arnica (5 tablets, 3x daily), starting the morning of surgery. No water is needed for these tablets as they dissolve in the mouth. You will complete the next two doses in the afternoon and evening after the procedure.

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## After Surgery

1. Rest with your head elevated on two pillows for at least 3 days.
2. Apply cold compresses to your eyes frequently for 48 hours. Use refrigerator-cool water on gauze (not direct ice; this is too cold for the skin). Do not apply heat.
3. Cold compresses- okay to use cold compress every 1-2 hours for 15 minutes duration. This helps dramatically with swelling.
4. **Apply erythromycin antibiotic ointment to eyelid incisions 3 times daily using a Q-tip to roll it on.** If swelling prevents your eyes from closing, apply same ointment inside the eyes at bedtime to prevent eye from getting dry.
5. Use artificial tears every 2-3 hours to prevent dryness and itchiness. Blurry vision very often occurs due to eye swelling and ointment use.
6. Take pain medication and antibiotics as prescribed. If pain is minimal, use Extra Strength Tylenol (1000mg). Maximum daily Tylenol dose is 4,000 mg.
7. Okay to shower after 24 hours. Pat incisions dry; do not wipe or scrub.
8. Expect bruising, swelling, and some bleeding from incision sites. Redness, swelling, and dry eyes are normal and improve in about 2 weeks.
9. If performed, fat transfer swelling may be more than expected and will decrease over time.
10. **Do not drive until vision is clear**, swelling is reduced, and you are off prescription pain medication.
11. Wear dark sunglasses to protect eyes from sun, wind, and irritation in the days following
12. Maintain a high-protein, low-sodium, low-sugar diet to reduce swelling.
  - Avoid: Soups, frozen meals, fried foods, processed foods.
  - Recommended: Protein drinks, lean meats, fruits, smoothies, vegetables, beans.
13. Expected results: Aiming for 80-90% improvement in treated areas.

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## Postop Activity Restrictions

1. Avoid strenuous activity, bending, straining, or lifting heavy objects (over 10 lbs) for 2 weeks. Raising blood pressure can increase swelling and bleeding.
2. Casual walks are fine and encouraged
3. It is okay to resume exercise at 50% (both duration and intensity) after 2 weeks, then back to 100% after 3 weeks.
4. **If placed, any permanent stitches are usually removed in 1 week**, with minimal discomfort. The suture used in upper eyelid surgery is typically dark blue. Do not pull at it.
5. **If traveling out of town, we will use a dissolvable suture that lasts 7-10 days.**
6. Contact lenses can be worn after 7 days (or after suture removal). Avoid excessive eyelid pulling when inserting them. Glasses may be worn immediately.

7. Do not resume blood thinners, vitamins, supplements, or alcohol until after 7 days post-op.
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### **Incision Care**

- 1<sup>st</sup> week (while sutures are in place): Use provided antibiotic ointment (eye safe ointment for the lid incisions) three times per day. Okay to use this ointment directly on the eye if dryness occurs at nighttime
- 2<sup>nd</sup> week: Aquaphor to incision line (after sutures are gone) three times per day
- 3<sup>rd</sup> week and on: Use silicone-based scar gel (Mederma) twice per day until the tube is gone; okay to continue this long term
  - This scar gel may be given to you at time of your suture removal visit/postop check in (if out of town, we may give this to you in advance).

\*Sun protection to the incision line always when outside\*

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### **Healing Process**

Healing varies, but most patients do not feel presentable for about 1-2 weeks. Swelling, bruising, and redness at 1 month are not uncommon.

- Full physical healing takes about 2-3 months. Typically, longer for lower eyelid surgery.
  - Common emotional responses: temporary regret, sadness, or anxiety.
  - Uncommon emotional responses: Thoughts of self-harm, hallucinations, or extreme distress. If you experience these, please reach out to us for support.
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### **When to Call the Office**

Call Gray Facial Plastic Surgery at 208-918-2416 immediately if you experience:

- Continuous bleeding
  - Severe eye pain (especially on one side) not responsive to pain medications
  - Sudden or worsened vision changes
  - Sudden increased swelling beyond the first few hours post-surgery
  - Persistent vomiting or fever that does not improve with prescribed medications
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If you have any concerns, call/text Gray Facial Plastic Surgery at 208-918-2416 (secure line for messaging/photos).