



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Eyelid Surgery (Blepharoplasty) Post-Operative Instructions

After Surgery

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Constipation is a side effect of decreased activity, use of pain medicines, and dehydration. Be sure to walk, drink fluids regularly, and consider adding raw fruit to your diet.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol, drive a car, or make important decisions when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke or be around a smoker. This can be the most significant cause of serious healing issues.
- Sleep with your head elevated 45 degrees for several days to minimize swelling.

Activity Level

- Start walking as soon as possible - this helps reduce swelling, lower the chance of developing blood clots and/or pneumonia, and avoid constipation.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- Read or watch television after 2-3 days.
- Return to work in 10-14 days.

Care for the Incision Site

- Avoid exposing scars to the sun for at least 12 months.
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Apply ophthalmic strength topical antibiotics such as Neosporin or Bacitracin on the incisions three times a day for 1 week.
- In the event that you also undergo **lower blepharoplasty**, please rinse the inside of your eyes with contact lens solution three times a day. Then, drop tobramycin/dexamethasone drop in each eye every 8 hours
- Use cold saline compresses for the first 24 hours for comfort and to reduce swelling and bruising.
- Generally, your hair can be shampooed any time after surgery.
- Wait at least 2 weeks before wearing contact lenses.



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- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Once your surgeon has removed the sutures, you can start gentle massage of the eyelids

Pain and Discomfort

- Occasionally, the eyes are bandaged for the first night.
- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have gummy eyes for approximately 1 week.
- Your physician may recommend Natural Tears (OTC eye drops) or Lacri-lube (OTC ophthalmic ointment) as part of your post op treatment.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

Bruising

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out; they can be easily removed by a surgeon.
- Facial makeup can cover up bruising after the sutures are removed.

Follow-up

At your pre-operative appointment, our office staff will schedule a follow-up appointment for you within 5-7 days following your procedure. At this appointment, sutures will be removed.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6:00PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.