

Augusta Plastic Surgery Associates
Dr. Chris Ewart
Blepharoplasty Post-Operative Instructions

Activity: For the first 24 hours, rest is absolutely necessary. Sleep in a recliner if possible or with your head elevated on several pillows. **You will need to move** about the house to promote circulation in your legs, for example, getting up to go to the restroom or kitchen. Refrain from bending over.

Dressings: You will have sutures on your eyelids. You will need to keep a cool moist gauze pad over each eye to reduce swelling and bruising. Leave the cool pads on your eyes for 20-30 minutes at a time and then remove them for 10 minutes. Repeat this for the first 24 hours after your surgery. Any bruising you have should resolve in 10-12 days.

Eye Drops: Use artificial tears in eyes 4 times a day and apply ointment to incisions at bedtime. If you have an internal incision, apply ointment in eyes at bedtime.

Showering: You may get in the shower after 24 hours. Let the water gently wash your lids but avoid vigorous rubbing around the eyes. Reapply antibiotic ointment to your incisions after showering.

Postoperative Office Visits: You will usually be seen within one week. Dr. Ewart will inform you then when you will need another follow-up appointment.

Driving: This should not be resumed until all swelling has resolved. It is also not permitted as long as you are taking **ANY** prescription pain medications.

Complications: Occasionally, swelling may cause the eyes to completely shut. This is temporary and will subside. Cold compresses and elevation will help. Avoid excessive salt intake during your recovery period. Should you notice any bright red blood, foul smelling drainage, fever > 101.5° F, or any pain unrelieved by medication, please contact our office.

Exercise: During the first postoperative week activity should be kept to a minimum. Always keep your head elevated, and do **not** bend over. Over the following weeks exercise may be gradually increased after advised by your physician. However, strenuous activity should be avoided as it may increase facial swelling and compromise the final result.

Vision: You may experience some fuzziness in your vision from swelling during the first week after surgery. Due to swelling, please refrain from wearing contact lenses until after your first post-op appointment. You may wear glasses. It is important to avoid smoke as it can irritate your eyes and impede healing.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office. 706-724-5611