



## BLEPHAROPLASTY (EYELID SURGERY) *Postoperative Instructions*

- To help decrease swelling, use cold ice packs as instructed for the first 24-36 hours, 30 minutes on and 30 minutes off while awake. A wet, moist washcloth in a zip lock bag or a frozen bag of peas works well.
- To cleanse the incision on the upper eyelid: add ¼ teaspoon of table salt to a glass of warm water and stir. Moisten a Q-tip with this solution and use it to gently wipe the area in a horizontal direction to remove crusting or dried blood. Do not rub vigorously. Do this at least once daily. Repeat if necessary and before applying ointment or drops. If there are crusts that are not easy to remove, dip a Q-tip in saline eye drops solution to soften the crust.
- If you have had surgery on your upper eyelids, you will need to use ophthalmic ointment (Lacrilube or LubriFresh). Apply this to the wound 3 times a day using a Q-tip. Continue this until the sutures are removed unless otherwise directed. If you have had surgery on your lower eyelids, you should use saline eye drops 3 to 4 times a day for the first 5 days.
- **Do not** take any aspirin, Motrin, Advil or any other products containing aspirin for one week before or after your surgery. Tylenol or the medication prescribed by your physician may be used instead.
- It is normal to experience swelling and bruising around the eyes. This will diminish after approximately 1 to 2 weeks, but can last longer for some. A concealer used under makeup will usually help in covering the discoloration.
- Eye makeup may be applied usually 7 to 10 days post-operatively, but be sure to confirm that with Dr. Lichtenberger at the post-operative appointment.
- If you have any questions or concerns, please do not hesitate to contact our office at (360) 733-0640 or (360) 738-3223.
- Special Instructions: