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### **BLEPHAROPLASTY (EYELID LIFT) INSTRUCTIONS**

- In the week before your operation:
  - Consider eating pineapple, it may help reduce bruising
  - Consider supplementing with Arnica montana, it may help reduce bruising
  - Complete household chores and prepare meals for the first few days of postoperative recovery
  - Follow preoperative instructions with eating, drinking, and medications
- Please take your medications as directed by Dr. Taylor or Dr. Sullivan to manage discomfort or symptoms.
  - Tylenol 1000 mg every 8 hours as needed
  - Ibuprofen 800 mg every 8 hours as needed
  - Vitamin C 500 mg daily
  - Eye drops
  - Eye ointment
- During the day, apply eye drops (available over the counter such as Refresh Plus) in each eye (2-3 drops) at least 5-7 times daily. Eye drops moisturize the eyes and provide soothing relief for dryness and irritation.
- At bedtime, apply eye ointment (available over the counter such as Refresh PM) in each eye inside the lower. The ointment helps protect the eyes from nighttime dryness and exposure. It may make your vision temporarily blurry, but it will resolve as the ointment washes away during the night.
- We may prescribe tobradex eye drops - 3 drops in each eye 3 times per day for the first 5 days if we think it would be helpful.
- After surgery it is best for you to keep your head elevated when in bed.
- You may apply ice packs to the area around the eyes for the first 48 hours to reduce swelling and bruising. Bags of frozen peas and corn make for excellent ice packs. Apply the ice packs for 20 min of each hour while awake.
- You may shower the day after the operation and wash your face gently with soap and water. Avoid soaking the incision, although it will not hurt to get a splash of water on the stitches or in the eyes. Do not rub the stitches or Steristrips. Gently pat dry after washing.

#### **ACTIVITY**

- For the first few days following surgery, avoid raising your blood pressure or heart rate as it can cause bleeding. In the 2nd week you can gradually increase your activity back to normal.
- Please do not drive until you can see fully (usually 3 to 5 days). Do not drive while taking pain medications such as oxycodone.

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Please contact Dr. Helena O. B. Taylor or Dr. Stephen R. Sullivan for additional information on plastic surgery.

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MOUNT AUBURN HOSPITAL HARVARD  
TEACH



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#### GENERAL OUTCOMES

- A small amount bleeding from the incision and swelling of the eyelids is expected. Please call our office (617-492-0620) if you have:
  - continuous bleeding
  - significantly more swelling on one side when compared to the other
  - worsening eye pain
  - changes in vision
  - fever, spreading redness or irritation around the eyes
  - yellow crusts or discharge from your eyes
- Tearing and dryness of the eyes is common after eyelid surgery. These symptoms normally stop as the swelling subsides over the first few weeks. Eye drops and ointment help moisturize the eyes.
- Tightness of the eyelids is a normal after eyelid surgery. This may make it hard to close the eyelids completely and they may not close completely while sleeping. This will relax with time.
- Red discoloration of the whites of the eyes is normal as well. This is painless, will not harm your vision, and will disappear. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
- Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately 1 to 2 weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell or be compressed from eyelid tightening – it can take several weeks to resolve – be patient, it will go away.
- Cosmetics can be worn on the face the day after surgery, but should not be worn on the eyelids or eyelashes until after the eyelid sutures have been removed and wounds are healed.
- Scars take one full year to mature. You may notice that they become red, raised and firm for several weeks to months before becoming soft, flat and pale. Avoid Vitamin E as it can irritate the scar. All incisions will be sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Wear sunglasses and use a sunscreen with SPF of 30 or more. The scars can be massaged starting 3 weeks after surgery. This may promote early softening and maturation of these areas.

It is important to be seen by Dr. Taylor or Dr. Sullivan after your operation. They will see you in follow-up appointments at 5 to 7 days, 3 to 6 months, and 1 year or as often as needed post-op. Call Taylor & Sullivan Plastic Surgery to schedule your appointments at (617) 492-0620 between the hours of 8:30 – 5:00 or visit our webpage at [www.massplasticsurgeons.com](http://www.massplasticsurgeons.com).

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