

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

BLEPHAROPLASTY (EYELID LIFT) POST-OPERATIVE INSTRUCTIONS

BLEEDING AND BRUISING: It is normal to have a small amount of oozing of blood from the eyelid incisions for the first day or two. It is nearly impossible to keep any kind of bandage on eyelid incisions. So you may need gently to dab any droplets of blood that form along your incisions., using gauze or tissues. Bruising is also common and may extend onto the cheeks. This typically resolves on its own in about 7-10 days.

SWELLING: Swelling is normal after eyelid surgery, as the skin is very sensitive and thin. Try to keep your head elevated above the level of your heart for the first 2-3 days, for example, sitting in a chair or with several pillows in bed. This will help minimize swelling. While most of the swelling is gone in just a few weeks, a small amount of nasal swelling is likely to persist for several months.

ICE PACKS: It is very important to minimize swelling and bruising. Use cold gel packs or gauze pads soaked in ice water, placing them over your closed eyelids, twenty minutes on, twenty minutes off, while you are awake for roughly the first 48 hours after surgery. Do not place ice or solid frozen objects directly on your eyelid skin as this could cause frostbite. You may want to keep a fresh ice water bath in which to soak the gauze pads during this process, then you can just rotate them. You should not keep ice or cold packs on your eyelids while sleeping.

SUTURES: You will have stitches closing all external eyelid incisions after surgery. Gently apply antibiotic ointment such as bacitracin, Neosporin, or polysporin to all external eye incisions three times daily. Be sure to use the OPTHALMIC formulation of the antibiotic ointment. Sometimes your eyes might not close fully, especially at night, for the first few days, due to the swelling. You should apply a small amount of the ophthalmic ointment into your eyes, or to the inside of the lower eyelids right before bed to keep them moist at night, until they can close fully. The sutures are typically removed around 5-7 days after surgery in the office. Do not pull on the sutures or incisions!

ACTIVITY: Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at two weeks, then normal activities at four weeks. Avoid any activities (e.g. sports) which might result in hitting your face for six weeks.

BATHING: You may shower the day following surgery. Your eyelids may get wet, and you may use a gentle facial cleanser after two days. Avoid swimming for at least one week after surgery.

MEDICATIONS: take as directed. Take any antibiotic until it is finished. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

PAIN: Mild pain is normal after eyelid surgery. This should be relieved by the medications. Excessive and severe pain is not normal and could be a sign of a potentially dangerous complication, especially when accompanied by severe swelling. Please call the office or on-call physician immediately if that occurs. A scratchy pain every time the eye opens or closes, especially if just on one side, could be due to a corneal abrasion. While a corneal abrasion will heal on its own in a couple days, it may be very uncomfortable until it does. Dr. Hubert may recommend you "patch" the eye to treat a corneal abrasion. This involves taping a gauze pad over the closed eye so that irritation is kept to a minimum by preventing repeated opening and closing. Dr. Hubert typically uses corneal protectors (like hard contact lenses) during surgery to minimize any risk of corneal abrasion.

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.