

Scott P. Bartlett, M.D.
Plastic and Reconstructive Surgery

WHAT YOU MAY EXPECT FOLLOWING YOUR BLEPHAROPLASTY

You will experience moderate bruising and swelling of your eyelids and mild discomfort. This discomfort is usually controlled by medication and cold compresses applied gently to your eyelids. To relieve eyelid swelling and pain, use the compresses for 24-48 hours following your surgery.

Drink plenty of water after surgery to promote healing and decrease swelling.

Elevate your head on two pillows for the first few days to help minimize swelling. You should limit using your eyes for 48 hours. Initially, due to the swelling of your eyelids, you may experience eye strain when you read or watch television. Bruising and swelling of the eyelids may last 2-3 weeks, or even longer. Occasional bleeding into the white of the eye may occur. This may take 4-6 weeks to completely resolve.

The small paper strips must be kept in place on either side of your eyes to anchor the sutures. The strips will be removed along with the sutures within 5-7 days after your surgery. You may shower, shampoo and wash your eyes 24 hours after your surgery. A small thin amount of Polysporin ophthalmic ointment should be applied to the incision lines 2-3 times a day until the sutures are removed (this may make your vision blurry).

Eye make-up (mascara, eye shadow, false eyelashes) may be applied after suture removal (1 week after surgery). Facial make-up may be used to camouflage lower lid discoloration two days after surgery. You may try wearing contacts two weeks after surgery. If they are uncomfortable, wait several days and try again.

Small cysts may occur along eyelid incisions.

These are usually temporary and go away spontaneously. Your activity will be restricted for three weeks. Strenuous activities such as aerobics, tennis, and any heavy lifting may be resumed after three weeks.

SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR

Temperature above 100 degrees Fahrenheit - Chills - Any drainage or separation of the suture lines - Excessive or worsening eye pain - Any problems with vision - Excessive redness or swelling of the incision lines - Red streaks extending from the incision lines.

Please call the office if any of the above symptoms occur: 215-590-2209 (*after 4:30PM or on weekends, call 215-662-4000 and ask for the plastic surgery resident on-call*)

** Please note, these are generalized instructions; you will be given specific instructions to suit your particular needs when you are discharged.