

POST OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY (EYELID SURGERY)

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated area.

DO: Clean suture lines with hydrogen peroxide and a Q-tip 4-6 times daily
(try not to get hydrogen peroxide in your eyes)

DO: Apply ciloxin ophthalmic ointment ½ inch ribbon in each eye at bedtime each night.

Use *Refresh* or *Tears Renewed* if your eyes feel dry or irritated.

DO: Apply ciloxin ophthalmic drops 4 drops in each eye 3 times a day for 3 days. On the 4th day, change to *Tears Renewed* or *Refresh PM* drops (over the counter) for the next 4 days, or until your 1 week appointment.

DO: Report any eye pain or change in your vision to the clinic immediately.

DO: Wear glasses, if necessary, being sure they do not push on the incision lines.

DO: Apply cold compresses over the eyelids immediately after surgery and for the next 2 days.

DO: Sleep with your head elevated 30-40 degrees. (use pillows, a wedge cushion, or a recliner). Sleep on your back, not on your side or stomach.

DO: Wash hair following surgery, if desired.

DO NOT: Apply any makeup (mascara, eyeliner or eye shadow) for the first 2 weeks following surgery.

DO NOT: Do any exercising, bending over, or heavy lifting for the first 10 days.

DO NOT: Wear contact lenses for 10 days.

DO NOT: Pluck eyebrows for 2 weeks.

REMEMBER:

Most bruising subsides within 10-14 days. You *may* experience swelling for a number of weeks, but it is markedly improved by 7-10 days.

**FINALLY, PLEASE CALL IF YOU HAVE ANY QUESTIONS
972-960-2838**