

JACQUELINE BRAMBILA, PA-C
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Certified, The American Board of Plastic Surgery

BLEPHAROPLASTY AFTER CARE INSTRUCTIONS

GENERAL INSTRUCTIONS:

- After surgery it is best for you to keep your head elevated on a wedge headrest at a 45° angle when in bed.
- A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or Jell-O. You can start a regular diet the next day.
- You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
- Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.
- If your eyes feel dry, use Refresh Plus drops (purchased separately, available over the counter) in both eyes every 1 – 2 hours.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided.

Cold/Hot Compresses:

- Use cold wet compresses on eyelids for at least the first 48 hours after surgery to reduce the amount of swelling you will have (make sure you keep these compresses cold and wet, and change them every 15-20 minutes. You can also make an “ice burrito” by wrapping a handful of crushed ice in a clean washcloth or small towel and then holding this wet cloth against the operated area gently.
- After the third day, switch to hot compresses. Soak a wash cloth in hot water. The water should be warm as tolerated (but not enough to burn the skin). Gently place this warm cloth against your eyes for 15 minutes 4 – 6 times per day.

Showering and Beauty:

- After the 2nd day after surgery, you can begin washing your face (but not your eyelids) gently with a mild soap and rinse with water. It will not hurt to get water on the stitches or in the eyes.
- Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell – it can take a few weeks to resolve – be patient, it will go away.
- Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.

Sutures:

- Eyelid sutures will be removed between 5 – 7 days.

Exercise:

- Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute, do not bend at the waist and do not lift anything greater than 5 pounds.)
- After 3 weeks you should gradually increase your activities so you are back to normal by the end of the 4th week.

WHAT TO EXPECT:

- Tearing and dry eyes often occur after eyelid surgery. This will stop as the swelling subsides over the first several days.
- Tightness of the eyelids is a normal feeling after surgery and may make it hard to close the eyelids completely. There may also be a feeling of numbness of the eyelids. Both sensations will subside with time.
- Red discoloration and swelling of the whites of the eyes is normal as well. This is painless, will not harm your vision, and will disappear completely. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
- You will experience swelling after the surgery. Swelling is the accumulation of fluid which is the body's way of healing. The swelling will probably be at its worst on the 2nd or 3rd day after surgery. The swelling will gradually improve over subsequent weeks. Some residual swelling can last as long as 1 – 2 months.
- You should expect some slight oozing of the blood from the incision site over the first 2 days. This is normal during the healing process.
- Bruising around the eyes may last 1 – 2 weeks.

Follow up appointments

- It is important to be seen by Jackie (PA-C) or Dr. Dubrow after your initial post-op checks.
- Jackie (PA-C) will see you in follow-up appointments:
 - 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1 year post-op.
- Call to schedule your appointments at (949) 515-4111 between the hours of 8:30 AM and 5:00 PM.
- If you are from out-of-town and cannot see Jackie at the recommended frequency, then it is strongly advised that you establish a relationship with a provider in your hometown who can follow your progress or evaluate you in case of infection, wound separation, or seroma. Jackie and Dr. Dubrow cannot evaluate you or treat you over the phone.
- Call to schedule your appointments at (949) 515-4111 between the hours of 8:30 AM and 5:00 PM to schedule an appointment.

Please call the office at (949) 515-4111 or Jackie (PA-C) at her cell phone at (818) 681-5882 if:

- Redness, increased pain at surgical incision sites, sudden increase in swelling, warmth, drainage (pus), or oral temperature greater than 101°
- Nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication
- Please call between the hours of 8:30 AM - 5:00 PM. If you need immediate care, please call Jackie anytime on her personal cell phone. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, text me, or email me anytime.
- **IF AT ANY POINT YOU EXPERIENCE SHORTNESS OF BREATH, PLEASE VISIT YOUR LOCAL EMERGENCY ROOM PROMPTLY AS THIS COULD INDICATE A PULMONARY EMBOLISM (BLOOD CLOT IN LUNG)**
- Any questions in regards to scheduling or confirming appointments should be communicated with the office staff (not Jackie) at 949-515-4111. If it is the weekend, please contact your surgical coordinator (Maryam or Kim) with those questions.