



# BLEPHAROPLASTY POST-OPERATIVE CARE INSTRUCTIONS

## Wound Care & Dressing

- Cold compresses: Apply gently to the eyelids for 10 - 15 minutes every hour while awake during the first 24 - 48 hours to reduce swelling and bruising
- Keep incision sites clean and dry
- Ointment or eye drops prescribed by the doctor should be applied exactly as directed. This includes using Tobrex ointment before sleep or any nap for 5 days until your doctor's review, and artificial tears during the day to keep the eyes moist and avoid dryness. If you experience irritation or allergy with Tobrex, stop using it immediately and inform us right away
- Sutures are usually removed at day 5 - 7

## Activity & Positioning

- Rest with your head elevated at all times for the first week (use 1 – 2 pillows or a wedge)
- Avoid bending, heavy lifting, or straining for at least 2 weeks
- Gentle walking around the house is encouraged
- Do not rub or press on the eyelids for 3 weeks

## Medications

Take prescribed medication as directed





## Eye Care & Showering

- First dressing at the clinic after 24-48 hours (avoid water at the wound before the 1<sup>st</sup> dressing)
- Thereafter, you may clean daily at home: wash face with mild soap and water, gently pat dry with clean gauze, and protect the wound with steri-strips until sutures are removed
- Use clean gauze or cotton pads with cooled boiled water to gently clean crusts around the eyes if instructed
- Avoid makeup, mascara, or contact lenses until the doctor confirms it is safe (usually after 2 - 3 weeks)

## Scar & Skin Care

## Expected Recovery

- Swelling, bruising, tearing, and mild blurred vision after ointment application are normal. Bruising often starts on the upper lid but can migrate to the lower lid with gravity. You may apply arnica gel on the bruised skin (not on the wound) to support faster bruise recovery
  - Most swelling subsides within 2 - 3 weeks
  - Final eyelid contour may take few weeks to settle
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- After suture removal:
  - Apply scar treatment if prescribed
  - Protect scars from sun exposure with sunglasses and SPF

# Warning Signs

- Sudden vision changes (loss of vision, double vision)
- Severe eye pain not relieved by medication
- Increasing redness, warmth, or pus from the incision
- Heavy bleeding that does not stop with gentle pressure
- High fever ( $>38.2^{\circ}\text{C}$ )
- Any other new symptom that you find worrisome

# Follow-Up Schedule

- First check: within 2-3 days of surgery
- Suture removal: usually at day 5 - 7
- Further follow-ups: 2 weeks, 1 month, and as instructed by the doctor

# Important

- These are general guidelines. The doctor may modify or change instructions depending on your healing progress



# CONTACT US :

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