

## University of Virginia Plastic Surgery Post-Operative Instructions for Blepharoplasty (Eyelid Surgery)

The following instructions are general guidelines to promote a safe and uneventful recovery from your surgery.

### Activity Limitations:

- Patients typically return to work within a week.
- Do not take Aspirin, Motrin, Aleve or Ibuprofen or other blood thinning agents until you are instructed it is safe by Dr. Benedetti.
- No sports activity or heavy lifting/heavy physical activity for 2-3 weeks or longer in some cases.
- Keep your head elevated above your heart for the first 72 hours after surgery including during sleep to help minimize your swelling and bruising.
- Avoid driving until you are no longer taking pain medications.

### Bathing and Incision Care:

- You may shower 48 hours after your surgery.
- You will have very small external sutures. You should not try to remove these yourself.
- When you shower cleanse gently over your eyelid area allowing the soap and water to run over the area and you should gently cleanse with YOUR HAND with soap and water but NO wash clothes for two weeks

### Pain/ Medications:

- You will feel discomfort and pain for a few days following your surgery.
- This can be controlled with pain medications prescribed by your plastic surgeon or by Tylenol
- Apply ice packs to the operative area every hour, 20 minutes on and 20 minutes off for 72 hours after your procedure. The ice packs should not be placed directly on your skin, instead place a moist cloth next to your skin and then place the ice pack over the cloth. Some people use frozen peas or special eye mask ice pads.
- Prescription pain medication may be constipating. To help avoid constipation increase your intake of fluids and fibers. You may use stool softeners as necessary. Any Senna derivative such as Senokot should help.

### General Recommendations:

- There will be moderate incision pain, but this is usually significantly improved over the first 48-72 hours.
- Occasionally, a corneal abrasion occurs during surgery. These are painful and typically feel as if you have a grain of sand in your eye. Please let our office know if you experience this sensation for additional treatment.
- After eyelid surgery, all patients experience some temporary dryness of the eyes. You may also experience slightly blurry vision for a few days following surgery. Using artificial tears and wearing dark sunglasses during the day will help this symptom. We recommend using Refresh Celluvisc each night at bedtime for 2 weeks and Refresh Plus during the day as needed for dryness. These should be purchased at your local pharmacy before surgery (over the counter and DO NOT need a prescription)
- If you wear contacts, please wait 2 weeks before replacing them after your surgery. Placing them sooner may cause permanent damage to your incisions.
- A small amount of reddish leakage from your incisions after eyelid surgery is common. This looks like faint bleeding but is actually blood tinged edema fluid

### Postoperative Appointment Information:

- If your first postoperative appointment was not made at the time of your preoperative appointment Dr. Benedetti would typically like to see you back for your first postoperative visit one to two weeks after your surgery. This date will be given to you before your discharge from the recovery room. If an appointment is not made at your preoperative appointment or in the recovery room, please call the office the day after your surgery to schedule that appointment.

### Notify your physician or After Hours Advice for any of the following:

- Severe pain in one eye or loss of vision should be reported to our office immediately. This may indicate bleeding that requires additional treatment.
- If you develop a fever of greater than 101 degrees, increasing redness around one or both eyes, severe pain of eye or facial area or change in vision.

For life threatening issues or concerns dial 911.