

Breckenridge Surgery Center

BLEPHAROPLASTY POST-OP CARE

The goal of blepharoplasty surgery is to reduce excess skin, wrinkles and puffiness around the eyes to give a more rested, relaxed and youthful appearance. The surgery will most often involve the removal of some skin and/or protuberant fatty tissue around the eye as well as possibly tightening the remaining skin. Occasionally fat transfers to the area to build up hollowness will also be performed. With the eye being more "open" and with the skin more tight, it is possible for the eyes to have too much evaporation and become too dry. Hence aftercare after eyelid surgery is designed to

- 1) keep the eye adequately lubricated
- 2) take care of the eyelid incisions
- 3) occasionally, eye drops to decrease the risk of swelling and infection in the eye.

Post-op Care instructions:

- 1) Starting day of surgery, keep the head elevated above the heart and continue this for 48 hours after surgery.
- 2) Crushed Ice packs (or a bag of frozen peas) to the eyes to reduce the swelling (When awake: 10 minutes on, then 10 minutes off the eyes for the first 48 hours). Do not leave ice on the eyelids for prolonged periods due to the risk of cold damage or frostbite.
- 3) Use liquid, preservative free artificial tears, two drops per eye every 2 hours during the day (*Refresh plus* is one of several products than be used).
- 4) Use gel-type liquid tear substitute (preservative free *lacrilube*, *duratears* or *Refresh PM*) in the eyes before bed-time and naps.
- 5) If you have external incisions on the eyelid (not everyone will) apply the ophthalmic ointment prescribed by the physician to the incision twice daily (most commonly *polysporin* ophthalmic ointment).
- 6) If your doctor has prescribed drops for your eyes (most commonly, *Tobradex*), place two drops in each eye 4 times per day.
- 7) Starting day after surgery, it is important to gently wash the eyes at last once daily. We recommend a clean washcloth with a small amount of Johnson's baby shampoo, to gently wash the outside of the eye and then warm water to wash off the soap. If one does not wash the eye, the ointments can clog the glands around the eyelashes resulting in a "stye" or eyelash follicle infection. Re apply the ointment to the eyelid incisions after washing.

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8) Commonly the eyelid sutures will be held in place with a steri-strip (see above photo). Do not remove this tape: it holds the suture in place to make it easier for the staff to remove the suture.

9) Blurry vision due to the ointments and even due to the tightness of the skin is very common the first 3 days after surgery. Do not drive until the vision has normalized (for most of our patients that means no driving the first 3-5 days or even longer).

10) Mild discomfort from the eyelid incisions is very normal. Please call if you are having severe eye pain, if the light hurts your eyes or if you have sudden loss of vision (again, blurry vision is common, loss of vision is a medical emergency).

11) Non-impact aerobic light exercise can resume 72 hours after surgery (walking, elliptical, or stationary/recumbent bike). Avoid impact aerobics (jogging) for 7 days. Do not completely immerse the eyes in pool/hot tub, lake etc until 24 hours after eyelid sutures removed.

12) Bruising of the eyelid skin and extending to the cheek is normal and can take up to 2 weeks to resolve.