

Post-Operative Instructions for *Blepharoplasty*

After Surgery

- After your operation, you may have blurred vision because of ointment in your eyes. Vision usually clears within a day.
 - Keep ice compresses (small gauze pads dipped in iced water and wrung out) on your eyelids for the first 48 hours.
 - Use the ointment twice daily on your eyelid incisions.
 - Use over the counter eye drops (preservative free) if you are experiencing dry eyes.
 - Ok to shower in 2 days, let water gently run over your face. Do not scrub.
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Activity

- Do not lift anything >5 pounds.
 - Keep your head up, do not bend down.
 - No contacts for 3 weeks. No makeup for 2 weeks. No heavy exercise (straining/sweating) for 6 weeks.
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Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
 - You do not need any additional antibiotics.
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What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks.
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Follow-Up

- You should see Dr. Clain within 10 days of surgery. If you do not have an appointment, please call his secretary.