

**AESTHETIC SURGERY CENTER**  
**BLEPHAROPLASTY POST OPERATIVE INSTRUCTIONS**

**Contact lenses:** Remove contact lenses prior to surgery and do not wear them until the doctor says it is safe (usually one week).

**Head Elevation:** For the first week following surgery, keep your head elevated as much as possible in order to minimize the swelling. Do not bend over, tie your shoes, perform any lifting, and avoid any other activity where your face is below the level of your heart.

**Eye Lubrication:** Keep your eyes lubricated for the first several days after surgery. The best lubricant is eye ointment. Since the ointment fogs the vision, it is most convenient to use the ointment at night prior to sleep and to use liquid eye drops during the day. The drops should be used every four hours and whenever there are symptoms. Symptoms after eyelid surgery (e.g., itching, irritation, stinging, redness, pain, even tearing) are almost always due to dryness of the surface of the eye. There is no such thing as too much eye lubrication, so use the drops and ointment liberally.

**Cold Compress:** Apply compress consisting of gauze or a washcloth soaked in ice water to the eyelids for the first 48 hours post-operatively and change every 30 minutes. This may reduce the swelling. It has no effect on the long-term result and patients should not feel that they need to be awakened every 30 minutes during sleep to replace the compresses.

**Swelling and Bruising:** You can expect swelling and black and blue discoloration of the eyelids. This usually takes 7-14 days to resolve, but in some cases, it may take longer.

**Bathing:** You may shower, wash your hair, and allow soap and water to contact the incisions and sutures as early as the first operative-operative day.

**Make-Up:** Make-up may be applied 24 hours after the last sutures are removed (usually the fifth or sixth post-operative day).

**Sexual Activity:** Refrain from sexual activity for one week.

**Sunglasses:** Wear sunglasses when outdoors for the first several weeks after the procedure.

**Hair Dressing:** Hair may be professionally washed, dried, and/or colored three weeks after the brow lift procedure. There are no restrictions after isolated eyelid surgery.

**Driving:** Do not drive an automobile for one week after surgery.