

Post-Operative Care for Blepharoplasty

At Home After Procedure:

- Apply cold compresses to eyes until bed-time (10 minutes on 10 minutes off) to help minimize swelling.
- Sleep on 2-3 pillows or on a recliner for the first night to keep your head elevated.
- Avoid rubbing your eyes.
- Apply the provided antibiotic ointment (ophthalmic bacitracin) or Vaseline to your incisions 2-3 times a day for 3 days.
- **DO NOT TAKE** vitamin E, aspirin, or aspirin-like products including Ibuprofen, Advil, Aleve, Nuprin, or Motrin, for 3 weeks before and one week after surgery. Please see the complete list of medications to avoid, included in your pre-operative packet.

Take pain medication if needed. It is normal to be drowsy from the anesthetic. Eat a light meal the evening following surgery. A slight amount of oozing from the incision is normal. Call the office or the doctor on call if you have excessive bleeding and swelling, severe pain not relieved by medication, or a significant change in your vision.

Follow Up Care:

- The next day you may continue cold compresses for comfort.
- If needed, you may clean dry blood on the incision sites with hydrogen peroxide and Q-tips. Apply the antibiotic ointment provided by us for **three days only**.
- **DO NOT** bend over and **DO NOT** lift anything over 10 pounds for one week.

The morning of the second or third day will typically show the most swelling and discoloration. It is not unusual for one eye to be more swollen or discolored than the other. In 10 days you may resume exercise and begin to wear your contact lenses unless advised otherwise. Tearing, burning, numbness, tightness, itching, tingling, puffiness and red and slightly bumpy incision lines are normal and will improve with full healing.

Supplies needed:

- Prescription medication (please bring with you on the day of procedure)
- Vaseline
- Q-tips
- Hydrogen peroxide

If you have any questions or concerns, please contact us (425.450.0880). After office hours, please contact Dr. Naficy on his mobile phone.

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