



CANADIAN PLASTIC SURGERY CENTRE

EYELID SURGERY (BLEPHAROPLASTY) POST-OPERATIVE INSTRUCTIONS

Immediately following eyelid surgery, the upper lids do not close completely due to the anesthesia and swelling. In order to prevent dryness of the eye, lubricating eye drops and ointment SHOULD be used. To apply eye drops:

* Pull down on the upper/lower eyelid (the eyelid which has **not** been operated on) and tilt your head backwards placing drops/ointment inside the lid.

** ***DO NOT PULL ON THE EYELID that has been operated on, as this can pull sutures apart.***

Lubricating Eye DROPS (Daytime): Apply drops every 2 hours the first day, while awake. Continue to use drops 4 times per day until your 1-week follow-up appointment.

Lubrication Eye Ointment (Nighttime): Apply nightly prior to going to bed. (Ointment does not evaporate as quickly, *Note may also cause mild blurring of vision, as the product is a gel)

- Ice/cold packs (***Frozen peas in a clean Ziploc bag work best!***). Begin icing immediately as this will help decrease swelling, bruising, and discomfort. Use ice for 15 minutes of every hour, while awake, for the first 3 days. If you cannot do it so often, use cold packs at least 4 times a day.
- Apply **POLYSPORIN** lightly across the stitches 3-4 times a day for the first week.
- Ibuprofen 400 mg every 6 hours may be used to help with bruising, swelling and pain.
- Tylenol Extra Strength and/or Tylenol #3 may also be taken every 4-6 hours to assist with pain should you have any over the first few days. **Do not take aspirin** as this increases bleeding, as well as bruising.
- You may notice some slight oozing of blood along the incision or some bloody tears. A small amount of this is normal. Should it persist or worsen, please call the office.
- Black eyes are common after blepharoplasty with the colour often only fading after 2-3 weeks.
- The sutures are dissolvable. Any sutures needing trimming will be trimmed at your 1-week follow-up appointment in our clinic.
- It is OK to shower and wash around the surgical area gently 2 days after surgery. Do not aim the water directly at the incisions.

If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377, Monday-Friday 9 am-6 pm, or email us at info@canadiansurgery.com.

**For emergencies, please call Centenary Hospital Locating at (416) 281-7111 and ask to have Dr. Chivers paged. If necessary, then proceed to the Centenary Hospital Emergency where Dr. Chivers can meet you.*

Patient Initials: _____