

*These instructions are specific to upper blepharoplasty (upper eyelid surgery).
If you also had lower blepharoplasty, refer to your separate lower bleph post-op instructions as well.*

1. What to Expect — Normal Healing

Timeframe	What You Will Experience
Day of — Day 1	Swelling, bruising, and tightness of the upper eyelids. Blurry vision from eye ointment. Minor oozing at incision edges is normal.
Days 2–3	Swelling and bruising peak — this is expected. Skin may feel tight and eyelids may feel heavy. Bruising may extend to the cheeks.
Days 4–7	Swelling begins to improve. Sutures are removed at approximately day 7. Eyelids will still look puffy but you will feel significantly better.
Weeks 2–4	Most bruising fades. Incisions will appear pink or slightly raised — this is normal scar maturation.
Months 1–6	Incisions continue to fade and soften. Final results are visible around 3–6 months. Be patient — swelling from eyelid surgery can persist subtly for months.

2. Ice Packs & Compresses

- **First 48–72 hours:** Apply cold compresses or ice packs to closed eyelids for 10 minutes on and 20 minutes off while awake. Use frozen peas in a bag wrapped in a thin cloth, cold gel packs, or green tea bags. Keep them cold — rotate packs in the freezer. The more you ice, the less swelling you will develop.
- Do not apply ice directly to the skin — always use a cloth or wrap.
- **After day 5:** Switch to warm compresses applied 4–6 times daily for 10–15 minutes. Warm compresses help resolve residual bruising and improve circulation to the healing tissue.

3. Eye Care

- **Eye ointment:** Apply a thin ribbon of nighttime eye ointment to the incision line and inside the lower eyelid margin 3 times daily for 7 days, or as directed. This lubricates the eye and protects the incision.
- **Artificial tears:** Use artificial tears (e.g., Refresh, Systane) as frequently as needed — every 1–2 hours if your eyes feel dry or irritated. Do not use redness-relief drops such as Visine.
- **Blurry vision:** Expected from the eye ointment. This is temporary and will resolve over time.
- **Dry eye:** Very common after upper blepharoplasty. If eye dryness is persistent or severe, contact our office. Keep eyes well lubricated at all times.
- **Eye rubbing:** Never rub, pull, or scratch the eyelids. This can disrupt the incision and increase swelling.
- **Reading / screens:** You may resume reading and screen use sparingly the day after surgery. Take it easy.
- **Contact lenses:** No contacts for 2 weeks. Wear glasses until then.

⚠ **Call us immediately if you experience any sudden changes in vision, increasing eye pain, or eye protrusion. These require urgent evaluation.**

4. Incision Care

- **Cleaning:** Gently clean the incision line twice daily with a Q-tip moistened with a 50/50 mixture of hydrogen peroxide and water. Remove any dried crusting along the lash line and incision. Pat dry with a clean gauze pad.
- **Ointment:** Apply a thin layer of Aquaphor or prescribed ointment along the incision after cleaning.
- **Showering:** You may shower the day after surgery. Face away from the shower stream to protect your eyes. Use a damp washcloth to clean your face gently. Do not submerge in a bath or pool.
- **Suture removal:** Sutures are removed at approximately day 7 at your follow-up appointment. Do not attempt to remove them yourself.
- **Sun protection:** Keep incisions out of direct sunlight. Protect scars with SPF 30+ sunscreen and UV-blocking sunglasses for at least 6 months. Sun exposure can permanently darken scars.
- **Scar maturation:** Incisions will appear pink and slightly raised for several months before fading to a fine pale line. Once all sutures are out and crusting has resolved (typically 3–4 weeks), silicone gel or scar cream may be started if desired — discuss at your follow-up.

5. Pain & Medications

- **Pain:** Discomfort after upper blepharoplasty is typically mild. Tylenol (acetaminophen) is usually sufficient. Take as directed on the package — do not exceed 3,000 mg per day.
- **Avoid:** Aspirin, Advil, Motrin, Aleve, and other NSAIDs for 10 days after surgery.
- **Antibiotics:** Take the full prescribed course if antibiotics were given. Call us if you have side effects.
- **Constipation:** Take a stool softener (Colace) if necessary
- **Alcohol:** Avoid alcohol for at least 1 week after surgery.

6. Activity Restrictions

Activity	Restriction
Head elevation / sleeping	Keep head elevated on 2–3 pillows for 1 week; do not sleep face-down
Exercise / cardio	No strenuous activity for 2 weeks; light walking is fine
Bending / heavy lifting	Avoid for 1 week — raises pressure to the eyes
Driving	No driving for 24 hours after general anesthesia or while taking pain medication or while vision is blurry
Reading / screens	Resume at 2–5 days as tolerated
Swimming / hot tubs	Avoid for 2 weeks
Dark sunglasses	Wear outdoors during the first week to protect eyes from sun and wind
Smoking	Avoid for at least 4 weeks after surgery
Alcohol	Avoid for 1 week and while on prescription pain medication

7. When to Call Us

Contact us at 775-525-1712 immediately for any of the following:

- Sudden or significant change in vision — any vision loss requires urgent evaluation
- Rapidly increasing swelling on one side only — can indicate a hematoma
- Severe pain not controlled by medication
- Fever over 101.4°F
- Heavy continuous bleeding from the incision
- Incision that is opening, has increasing redness, warmth, or pus — signs of infection
- Inability to close the eye completely — if the eye feels excessively dry or exposed at night

⚠ For severe eye pain, sudden vision loss, or rapidly increasing swelling: go directly to the ER and call our emergency line.

8. Follow-Up Schedule

- **Day 7:** Suture removal and wound check
- **3-4 months:** Aesthetic initial results assessment
- **6-9 months:** Final results review

It takes up to 6 months for final results to fully appear. Swelling and scar changes happen gradually — be patient.

Questions at any point in your recovery? Call or text us at 775-525-1712. We are always happy to help — whether it's a quick reassurance or something that needs to be seen in person. Your recovery matters to us.

Acknowledgment

I have read and understand these postoperative instructions and agree to follow them completely.

Patient Signature

Date

Patient Printed Name

Witness / Staff Signature