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## **Blepharoplasty (Eyelid Lift) - Post Operative Instructions**

**At home after surgery:** Dr. Hoefflin recommends resting quietly for the first 48 hours after surgery. It is important to keep your head elevated on several pillows for 2-3 days after surgery to help minimize bruising or swelling.

**Diet:** Start with a light diet, preferably liquids or soups, and then progress to a regular diet after 24 hours. This will minimize any post-operative nausea. Avoid salt as it can promote swelling.

**Ice compresses:** Apply eye compresses to your eyes for the first several days following your surgery to reduce your eyelid swelling. Small frozen bags of peas or corn are ideal because of their flexibility in being “molded” to fit your face and eyes. Compresses should be placed for 5 minutes at a time.

**Oral Antibiotics:** Dr. Hoefflin will prescribe you either Keflex (Cephalexin) 500 mg or Cleocin (Clindamycin) 300 mg (if allergic to penicillin or cephalosporins). Keflex should be taken 1 tablet, four times per day; Cleocin should be taken 1 tablet, three times per day. All antibiotics should be taken with food.

**Topical Antibiotics:** Apply 2-3 drops of Tobradex (requires prescription) to each eye for 5 days following surgery.

**Eye drops & ointments:** Dry eyes after blepharoplasty is a common condition. To counteract this, apply *Refresh Plus* eye drops (available over the counter) 2-3 drops per eye, 5-7 times per day. Apply *Refresh PM* ointment (available over the counter) every night at bedtime. This will initially make your vision blurry, but will clear as the ointment is absorbed.

**Discomfort:** Any discomfort or soreness can be minimized with pain medication. Start with ½ a tablet of a pain pill initially, of which may be followed every 3 – 4 hours by another. It is best to take pain medication with food. Keep in mind that the pain medication can cause constipation. A helpful adjunct is to replace every other dose of pain medication with a tablet of Tylenol (650 mg) to help minimize inflammation. Avoid driving or consuming alcohol while taking prescription pain medicine.

**Incisions:** You can expect some bleeding from your incision lines. However, you should call our office if the bleeding does not stop or if you develop severe eye pain.

**Washing your face:** You may wash your face on the 2<sup>nd</sup> day after surgery using a gentle cleanser, i.e. Cetaphil. Avoid washing your eyelid incision lines, but rather use a damp warm cloth to gently massage your eyes. Avoid submerging your incisions in a bath, swimming pool, or whirlpool for two weeks after surgery.

**Swelling:** Maximal swelling typically occurs two to three days after surgery, then begins to dramatically improve. Mild bruising typically resolves within 7-10 days after surgery. Mild or subtle inflammation may take up to several weeks to completely resolve. **Arnica Montana** (purchased at our office), taken both before and after surgery, can assist in decreasing any swelling or bruising.

**Activity:** It is important to refrain from any strenuous activities for the first 2 weeks after surgery. **After 2 weeks**, you may engage in light activity (i.e. light walking). **By 4 weeks**, stretching, yoga, or light-weight exercises can be resumed. Heavy weights and all pre-surgery activity may be resumed **after 6 weeks**. You may drive several days to one week after your eyelid surgery, provided you can respond and stop in emergency situations.

**Sutures:** All sutures are non-absorbable and typically removed 5-7 days after your surgery.

**Sensation:** It is normal to have itching and/or areas of eyelid numbness following your eyelid surgery. This gradually subsides after 2-3 months as your body progresses through the healing process.

**Cosmetics:** Eyelid cosmetics should not be worn for 7 days after all eyelid sutures have been removed.

**Follow-up appointment:** Your first postoperative appointment to see Dr. Hoefflin typically occurs 24 hours after surgery. This should be scheduled prior to your surgery.

**Massaging exercises:** Massaging exercises are initiated one week after surgery, which assists in reducing residual post-operative inflammation as well as reducing the appearance of your incisional scars. Dr. Hoefflin will provide you with information on such exercises during your post-operative appointment.

**Contacts:** Avoid wearing contacts until approved by Dr. Hoefflin

**Minimizing long-term scar visibility:** Avoid direct sunlight exposure to your healing scars for the first year following surgery. Select a sunscreen with zinc oxide, along with a SPF of 30 or greater for maximal protection. Scars typically fade in months to a year after your surgery.

**Smoking:** Do not smoke. This is important. Smoking delays healing and can increase your risk of complications.

**Concerns:**

Dr. Hoefflin can be reached 24 hours a day for any concerns. He can be contacted directly through his office or answering exchange at (310) 858-9105.

**Please notify Dr. Hoefflin if:**

- If you have an immediate change in your vision or severe eye pain;
- If you have any bleeding from the incisions that is difficult to control with light pressure.
- If you experience a significant increase in pain not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your incisions;
- If you have any yellowish or greenish drains from the incisions or notice a foul odor;
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.

*The quality of your eyelid enhancement procedure may be compromised if you fail to return for any scheduled post-op visits, or follow Dr. Hoefflin's pre- and post-operative instructions.*