



# GUYETTE

Facial & Oral Surgery Center

## Post-Operative Instructions BLEPHAROPLASTY (Eyelid Surgery)

1. For the first week it is best to keep your head elevated as this will minimize swelling and bruising. When you return home from surgery, sit in a reclined position with your head elevated and ice packs on your eyes. (20 minutes on, 20 minutes off). Crushed ice in a baggie or frozen peas will work well also. Ice is helpful up to 36 hours after surgery. It is not necessary to stay up all night to change the ice packs. When sleeping, keep your head elevated above the level of your heart (you do not need to sleep upright). Extra pillows under your head or a blanket or two under your mattress will work well.
2. Beginning the night of surgery, clean the eyelid incision 2-3 times per day. Dab the incision and stitches with a Q-tip soaked in 3% Hydrogen Peroxide, if dried blood is present. If dried blood is not present, just use mild soap and water. Dry the incision line and place a light coating of A&D ointment.
3. Swelling and bruising are a normal response to surgery. Swelling usually peaks the second or third day after surgery, and then begins to decrease. Most of the swelling will be gone by two weeks, but the remainder takes months to resolve. Bruising can last from 7-14 days. Taking the medications prescribed and following these instructions will help minimize swelling and bruising.
4. Good nutrition and proper hydration is very important in optimizing healing after surgery. Make sure you maintain a well balanced diet.
5. Light exercise, such as evening walks, can begin the day following surgery. Do not lift heavy objects, bend over, or return to strenuous activity until instructed by Dr. Guyette or his staff. On average, moderate exercise can begin 7-10 days after surgery and vigorous exercise 3-4 weeks after surgery.
6. If you are able to take Ibuprofen, take over-the-counter Ibuprofen (Advil, Motrin) 200 mg tablets, 3 tablets, 4 times a day, for 3-7 days after surgery. You may take Ibuprofen alone or take the prescription pain medication with Ibuprofen at the same time, if necessary. Be sure to eat prior to taking your medications. Do not drive for 4 hours after taking narcotic medications