

Nikesh K Patel MD

New Reflections Plastic Surgery

Post Blepharoplasty Instructions

- ∞ Apply cold saline compresses to your eyes for first 24 hours for comfort and to reduce swelling and bruising. It is a good idea to continue this afterwards for comfort.
- ∞ Keep your head elevated for several days; sleep with your head on 2 pillows at least 1 week.
- ∞ Keep incisions clean and inspect daily for signs of infection.
- ∞ Start walking as soon as possible to reduce swelling and the risk of blood clots.
- ∞ Take pain medication as prescribed for the first 1-2 days then taper them as you need. Maximum discomfort should occur in the first few days, improving each day thereafter.
- ∞ Do not take aspirin or any products containing aspirin, naproxen, alleve, or other prescription, over-the-counter or herbal medications that may increase bleeding and cause complications.
- ∞ Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks. These activities may raise your blood pressure which can cause serious complications
- ∞ Bruising and swelling of the eyelids generally will last 1 week and can be covered with makeup once your incisions are healed.
- ∞ You may use Arnica cream to reduce the length of bruising you may experience.
- ∞ For the first few weeks you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- ∞ You may experience the following which are normal:
 - Temporary swelling or tightness of the eyelids
 - Bruising, dryness, burning, and itching of eyes
 - Tiny whiteheads may appear after stitches are taken out
 - Difficulty closing your eyes when you sleep
- ∞ Call the office if you experience any of the following:
 - Fevers or Chills
 - Foul drainage or odor from the incisions
 - Excessive or increased pain, swelling, or bruising of any surgical areas
 - Severe or increased pain not relieved by medication
 - Bleeding from the incisions that is difficult to control with light pressure

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