

Post Operative instructions: **Blepharoplasty (eyelid surgery)**

- Try and arrange to have either a friend or family member to pick you up and to stay with you for the first 24-48 hours in order to help you get settled in around the house.
- Everyone recovers from their anaesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days. Eat lightly with small meals throughout the day to minimise sickness. If necessary, cut food into small bite-sized pieces to facilitate chewing and digestion. Salty foods can contribute to fluid retention and swelling so reduce these in the first 7-10 days. In order to avoid constipation, eat plenty of fresh vegetables and dried fruits. Overall, try to eat a balanced diet to ensure your body is getting all the important nutrients it needs in the immediate postoperative healing period.
- Drink plenty of fluids in the form of water and fresh juices, in the first few days after surgery. Avoid caffeine and carbonated drinks in the first few days. Dairy products in the first 72 hours after surgery can upset your stomach and make you feel sick and therefore it would be sensible to limit these.
- Do wear comfortable front opening and loose clothing at night and in the day, that do not need to be pulled over your head. Due to the fact that there is likely to be some degree of soiling or staining from the suture sites, try to use old bed and pillow linen.
- Should you experience any pain, you may take one or two pain relieving tablets (such as paracetamol) as required up to 4hourly. **DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN** as well as any of the other preparations mentioned in the *DO'S & DON'T'S* letter. These products will prolong or recommence bleeding.
- You will be swollen and bruised for some days and it is advised to sit upright, even at night, as much as possible to help reduce the swelling. At night use an extra pillow. Try not put your head below the level of the heart. Avoid bending and straining. It is advised that you purchase a freezable eye mask (available from Boots or The BodyShop) prior to your operation and alternate this with something cold from the freezer or another eye mask. Apply cold compresses to the eyelid area intermittently for 48 hours. Never apply ice packs directly on the skin; wrap them in a clean towel.
- Remember to take your Arnica tablets as instructed after surgery. **The bruising and swelling usually peaks at day 3 to 4 and will start to subside after about one week, and most of the obvious swelling is gone within two to three weeks.** Likewise a minor degree of residual swelling may still be present up to 3 months after surgery.

- Try and prepare young children(if applicable) in advance so that they do not get frightened by any swelling, bruising or sutures in the first couple of days.
- You may experience a gritty sensation in the eyes in the first few days. Occasionally, what appears to be a transparent sack of fluid develops and covers part of the eye. This looks quite frightening but you should not be alarmed, as it mostly settles on its own. Anti –Inflammatory eye drops are prescribed if this persists.
- With lower eyelid surgery, lowering or irregularity of the lower eyelid(depending on the degree, termed scleral show or ectropion) can sometimes occur as a result of the pulling effects of scar tissue in some people. This is unpredictable and sometimes occurs only in one eye. As a result, changes of the shape and size of the eye may be noticed. If this is very noticeable, then for some people this can be a little distressing. Massaging, as will be instructed, early on diminishes the chance of this happening. If it does occur however then more intense massaging to the lid, and even application of some taping will help alleviate this problem. You will be instructed accordingly in the follow-up clinic. This usually settles with time and in fact it is very rare that revision surgery is required.
- Remember to apply the antibiotic ointment or eye drops as instructed (usually for 5 days).
- Keep the wound and dressing as dry as possible for at least 48 hours. However, it may be necessary for you to bathe the eyes particularly in the morning. The Practice Nurse will advise you about this. Do not rub eyes or attempt to remove any crusts.
- Do bring along a large pair of sunglasses to conceal any bruising or swelling.
- Remember to recommence any regular medication that you take (i.e. blood pressure tablets) as soon as you are able to drink, unless instructed not to.
- No alcohol should be consumed one week after surgery.
- Abstain from exercise for two weeks.
- You may drive after 72 hours if your vision is not altered through swelling.
- Stitches are usually removed between 3-4days.
- Do not use make-up for at least one week.
- Avoid sunlight as much as possible for three months after surgery and then use a high filter sun block(i.e. Factor 15).
- Do not start local massage until instructed to do so.
- You should contact us if any of the following occur:

- a) Fever greater than 100o Fahrenheit or 38.5o Celsius.
- b) Fresh bleeding, other than that of a minor nature.
- c) Excessive swelling, particularly of the lower lids.
- d) Pain not relieved by two pain relieving tablets.
- e) Any discharge from the incision sites after 48 hours.
- f) Any disturbance in vision, or the feeling of something sticking in your eye.

**REMEMBER IF IN DOUBT, PLEASE ASK EITHER BY CALLING THE OFFICE 9.30am –
5.30pm MON-FRI ON 0207 432 8727
OR OUT OF HOURS IN AN EMERGENCY CALL the Practice Nurse on 07944 600 215.
PLEASE LEAVE A MESSAGE. AND YOUR CALL WILL BE RETURNED ASAP.**