



BLEPHAROPLASTY – Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE SURGERY

- Pick up and confirm you have all prescriptions before surgery.
- Purchase MiraLAX (stool softener), Tylenol, artificial tears, and cold compress supplies.
- Obtain Arnica tablets. If provided, take as directed starting 3 days before procedure.
- Nothing to eat or drink after midnight before surgery if undergoing general anesthesia.
- Prepare a comfortable recovery area at home.

DAY OF SURGERY

- Shower normally but do not apply lotions, creams, deodorant, or hair products.
- Wear loose, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, jewelry, piercings, contact lenses, lotions, or hair products.

FIRST WEEK AFTER SURGERY

- Sleep on your back with your upper body elevated 30–45 degrees.
- Apply cold compresses 15–20 minutes every hour while awake for the first 3 days.
- Walk regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.

MEDICATIONS

- Take antibiotics as prescribed until finished.
- Use prescribed pain medication or Tylenol if pain is mild.
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Begin stool softener when taking narcotic pain medication.
- Avoid aspirin, ibuprofen, naproxen, nicotine, alcohol, and excessive caffeine.

INCISION CARE

- Clean incisions with Q-tip dipped in diluted Hydrogen Peroxide gently 3-4 times a day.
- Apply prescribed ointment as directed 3-4 times a day gently.
- Do not pick or pull at incisions.
- Sutures are typically removed 1 week after surgery.
- Protect incisions from sun exposure. Use SPF 30 or higher.
- Do not rub eyes. Be gentle. Incisions can open if handled roughly.

ACTIVITY AND RECOVERY

- Avoid lifting over 10 pounds for 2 weeks.
- Most patients return to work in 1–2 weeks.
- Avoid strenuous exercise for 3–4 weeks.
- Do not drive while taking narcotic pain medication.



NORMAL SYMPTOMS

- Swelling and bruising.
- Mild bleeding.
- Tightness, numbness, or mild itching.
- Temporary blurred vision.

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening swelling.
- Excessive bleeding.
- Call 911 if you experience shortness of breath or chest pain.
- Call 911 if having sudden increase in pain or swelling or loss of vision.