

Post-Operative Instructions

Blepharoplasty – Eyelid Surgery

Following your surgery, it is important that you follow Dr. Shaddix's post-operative instructions. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

General

- You will need to arrange for someone to drive you home after surgery and to help you care for yourself for the first 24-48 hours after your procedure.
- It is important to relax after surgery. You will have less energy than usual for the first few days. Your body needs rest to heal.
- Do not drive or operate machinery for 24 hours after surgery.
- Do not make major decisions, sign contracts, etc. for 24 hours after surgery.
- Depending on your job, you should be able to return to work after 5-7 days. This period of time may be extended if your job involves significant physical activity or public contact.

Medications

- For the first ten days after surgery, do not take aspirin or other NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, etc.).
- Please remember that the pain medication prescribed by Dr. Shaddix contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- The pain medication may make you drowsy or give you an upset stomach. If this is the case, ask Dr. Shaddix about alternative medications.
- Take your antibiotic until it is all gone.
- Nausea is rare after blepharoplasty. If it does occur, please take the anti-nausea medication.
- If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.

Activity

- Keep your head elevated for 1 week after surgery. Many patients elect to sleep in a chair or recliner. If in a bed, use extra pillows.
- Avoid bending or straining for the first week after surgery.
- No heavy lifting (greater than 20 pounds) for 2 weeks after surgery.
- Avoid exercise for 2 weeks after surgery.



- You should be walking around on the evening of surgery and frequently thereafter. You are encouraged to be up and around the house performing your usual activities on the day after surgery.
- Move and pump your legs and feet frequently when sitting and lying down.
- Wait about 2 weeks after surgery before having sex or doing anything to raise your blood pressure substantially.

Diet

- You may resume your regular diet right away.
- Increase your fluid intake in the first couple weeks after surgery. Water and sports drinks with electrolytes are good. During the first couple of weeks of your recovery, avoid excess alcohol consumption as this can make you dehydrated.

Incision Care

- Apply cold compresses/ frozen pea packs as often as possible during the first 48 hours after surgery.
- Gently cleanse the suture line along the lower lashes and upper eyelids twice daily with hydrogen peroxide on a Q-tip. This will help loosen any crusting that may occur along the incision.
- Leave the steri-strips undisturbed until Dr. Shaddix removes them for you in clinic.
- It is safe to shower or sponge-bathe on the second day following surgery. You may allow the steri-strips and your incision to get wet. Do not immerse or soak your wounds.
- You may experience some oozing or slight bleeding along the suture line. Do not rub the area, but instead apply gentle pressure using a sterile gauze pad followed by placement of a cold compress. If this does not stop the oozing, call Dr. Shaddix.

Things to Avoid

- Do not wear contact lenses until Dr. Shaddix informs you that it is safe to do so. When you resume wearing contact lenses, be careful not to apply any tension to the suture lines when inserting the lenses. You may wear eyeglasses immediately after surgery.
- Avoid eye makeup until one day after the sutures have been removed.
- Do not pull or stretch the eyelids for 10 days after surgery.
- Avoid pullover clothing. For the first week, wear clothing that fastens in the front or back rather than items that must be pulled over your head.
- Avoid prolonged reading, television, or computer viewing for the first 3 days to avoid eye fatigue.
- Avoid anything that could cause inadvertent trauma to your incisions. These include contact sports, picking up small children, pets, and restless bedmates. All of these things can bump your face and disrupt your eyelid incisions.
- Do not smoke or allow yourself to be exposed to second-hand smoke.
- Do not stay in bed all day. Walk frequently.
- Do not swim in a pool/lake/river/ocean for 4 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.



- Do not tan your scars for the first year following surgery because they may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general, it is safe to begin using sunscreen on your incisions 3 weeks after surgery. You should cover your incisions with sunscreen during the first year after surgery. Tanning beds should be avoided.

Things to Look For

- Report any sudden swelling or increasing discoloration. There will be some slight blurring of your vision. However, any progressive or one-sided decrease in vision should be reported to Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.
- Call for any pain of your eyeball or burning sensation of the eyelids.
- If you develop a fever of 101°F or greater, increasing pain, redness around the incisions, or concerning drainage from the incisions, call Dr. Shaddix immediately

Things to Expect

- The eyelids are usually swollen and may be bruised. The swelling typically resolves in the first 3-4 days whereas the bruising may take up to 2 weeks to resolve.
- The feeling of tightness is normal over the first several days.
- Some patients develop discoloration of the whites of their eyes. This generally resolves within 2 weeks.
- Scars may become reddened before they fade. This is normal.
- Any unevenness of the edges of the incision or lumpiness of the scars is usually temporary and will subside with time.

Follow-up

- Dr. Shaddix would like to see you in clinic 1 week after your surgery at which point any sutures will be removed. This appointment is typically prescheduled, please reach out to our office if you are unsure about the date and time.
- Dr. Shaddix would like to see you again 3 weeks after surgery and again 3 months after surgery.
- Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.

