

## **Blepharoplasty (Eyelid Surgery) Aftercare Advice**

### **What to Expect After Treatment**

- Swelling, bruising, and redness around the eyes are common and may last 1 to 2 weeks.
- Mild tightness or itching around the incision sites.
- Temporary blurred vision or watery eyes.
- Mild discomfort, usually well managed with pain relief medication.
- Stitches if non dissolvable are typically removed within 7 to 10 days.

### **What to Do After Treatment**

- Keep your head elevated, including when sleeping, for at least 3 to 5 days.
- Take prescribed medication exactly as directed.
- Apply ointment or eye drops as prescribed to prevent dryness or irritation.
- Wear dark sunglasses outdoors to protect eyes from sun and wind.
- Rest your eyes and limit screen time and reading in the first few days.

### **What NOT to Do After Treatment**

- Do not rub or press on the eyes or incision sites.
- Avoid strenuous activity, bending, or heavy lifting for at least 2 weeks.
- Do not wear contact lenses until cleared by your surgeon.
- Avoid smoking and alcohol, as they can slow healing.
- Do not use makeup near the eyes until incisions are fully healed.

### **What to Watch Out For**

- Severe pain unrelieved by medication.
- Sudden changes in vision including loss of vision, double vision, or flashing lights.

- Increasing redness, pus, or spreading swelling which may indicate infection.
- Excessive bleeding from the incision sites.
- Fever or chills.