



tenley k lawton m.d.  
BOARD CERTIFIED PLASTIC SURGEON

## POST OP INSTRUCTIONS FOR BLEPHAROPLASTIES AN EYELID SURGERY

### AFTER SURGERY:

1. Keep your head elevated for the first week. This will require the use of pillows or rolling a blanket and putting it under the head of the mattress.
2. Apply wet gauze pads and ICE MASKS to the eyelids as much as possible for the first 48 hours. A bag of frozen peas works well as an ice pack.
3. The tape and stitches must remain on your eyes for 5 days. Please schedule an appointment to have them removed.
4. Remain inactive for the first few days. It is not necessary to stay in bed. To get out of bed, first roll on your side and use your arms to push yourself up.
5. Your vision will be blurred for the first 3 to 4 days because of the swelling of the eyelids. This is normal and not a cause for concern.
6. The swelling and bruising will increase for the first 36 hours and then slowly diminish over a period of several weeks. Your appearance during the first few days may be unattractive, but do not be alarmed by this.
7. Do not bend over making you head lower than your heart. Bend at the knees and squat down instead of bending at the waist.
8. You can wear eye makeup after the tape and stitches are removed and there are no visible scabs or irritation.

### **\*\*\* SURGERY AND SMOKING DO NOT MIX \*\*\***

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at **949-640-0999**