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### **GUIDELINES FOLLOWING BLEPHAROPLASTY**

- Avoid pressure around the eyes except for the cold compresses. Use a travel pillow or place pillows on both sides of the head to avoid accidentally turning over on the face.
- Apply a cold compress to the eyes as often as possible during the first 72 hours. Small bags of frozen peas or corn work well for this purpose as they conform well and maintain a cold temperature. It is normal for the eyelids to have mild to moderate swelling and bruising that may increase slowly over the first three (3) days. Thereafter, swelling and bruising begin to fade away. Do not be surprised if there is a mild to moderate difference in swelling when comparing the eyes. As healing continues, this difference will become less noticeable.
- A feeling of tightness may be felt in the early postoperative period. Pain should be mild and easily controlled with prescribed medication.
- A *sudden increase* in swelling and/or pain should be reported to Dr. Hilinski immediately.
- Sleep with the head elevated 20-30 degrees.
- Avoid bending, straining and heavy lifting until cleared by Dr. Hilinski.
- Do not get the eyes wet until Dr. Hilinski clears you to do so. Apply the prescribed antibiotic eye ointment to the eyelid sutures two (2) times per day. If Dr. Hilinski used a 'hidden' incision on the inside of the lower eyelid to remove excess fat, apply a thin layer of ointment to the eye two (2) times per day using the following technique: gently tug the lower eyelid forward and place the ointment between the lower eyelid and eye. Blink several times to distribute the ointment. If the tape along the lower eyelid separates from the skin, try and reinforce this with additional medical-grade hypoallergenic paper tape.
- You can expect to have slight blurring of vision for a few days due to the swelling and ointment. Any progressive or one-sided decrease in vision should be reported to Dr. Hilinski immediately.
- Begin taking the pain medication and oral antibiotics as directed. Continue taking Arnica as directed for another week after surgery.
- If you develop nausea and vomiting, contact Dr. Hilinski to obtain a prescription medication to counteract this.
- Confirm a follow-up appointment with Dr. Hilinski. The sutures are normally removed at your first postoperative visit 4-6 days later.
- Call our office in the meantime if you have any additional questions or concerns.
- In case of an emergency, call 911 for immediate assistance.