



John Hilinski M.D.  
PLASTIC SURGERY

# GUIDELINES

## EYELID SURGERY

### PROCEDURE OVERVIEW

Blepharoplasty is performed to improve the appearance and/or function of the upper and/or lower eyelids. This may include removal of excess skin, repositioning or removal of fat, and tightening of surrounding structures. The procedure may be performed on the upper eyelids, lower eyelids, or both. Healing occurs gradually over several weeks.

### PROCEDURE-SPECIFIC PREOPERATIVE CONSIDERATIONS

- If you wear contact lenses, plan to discontinue use several days prior to surgery and be prepared to avoid contact lens use for approximately 1–2 weeks after surgery.
- Remove all eyelash extensions prior to surgery.
- Avoid any eye irritation, infection, or inflammation prior to surgery. If you develop redness, drainage, or symptoms of conjunctivitis, notify our office immediately.
- If you have a history of dry eyes, please inform our office, as this may affect postoperative management.

### SUPPLIES

Please obtain the following supplies prior to your surgical date:

- Q-tips
- Artificial tears (lubricating eye drops)
- Ophthalmic ointment (if prescribed)
- Clean gauze pads

### WHAT TO EXPECT AFTER SURGERY

- At the completion of surgery, your eyelids may have small bandages or ointment applied along the incision lines. In many cases, no bulky dressings are required.
- Swelling and bruising around the eyes are expected and may be most noticeable during the first several days after surgery.
- It is common to experience tightness of the eyelids, mild discomfort, blurred vision from ointment use, and increased tearing or dryness.
- Light sensitivity and temporary difficulty fully closing the eyes may occur during early healing.

### INCISION CARE

- Incisions are typically located within the natural crease of the upper eyelids and/or just below the lash line or inside the lower eyelid.



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- Begin cleaning the incision lines the day after surgery unless otherwise instructed.

**THE CLEANING PROCESS**

Cleaning should be performed three times per day to remove any dried blood or debris and maintain a clean healing environment. Only one cleaning (typically the morning) should involve diluted hydrogen peroxide.

***Morning***

- Use a diluted hydrogen peroxide solution (mixed 1:1 with water) to gently clean along the incision lines. Do not use full-strength peroxide.
- Use a light rolling motion and limit this step to removing visible debris.
- Dry the area with a clean Q-tip or gauze, then apply a thin layer of ointment as directed.

***Afternoon and Evening***

- Use a mild antibacterial soap mixed with water to gently clean the area. Dry with a clean Q-tip or gauze and apply a thin layer of ointment. Repeat in the evening.

**EYE CARE**

- Use artificial tears throughout the day to keep the eyes lubricated, especially during the first 1–2 weeks after surgery.
- If prescribed, apply ophthalmic ointment to the eyes at night.
- It is normal for vision to be slightly blurred when ointment is used.
- Avoid rubbing or touching the eyes.
- If you experience significant dryness, irritation, or inability to close your eyes, notify our office.

**COLD COMPRESSES**

- Cold compresses should be applied to the eyelids during the first several days after surgery to help minimize swelling and bruising.
- Apply for 20–30 minutes at a time with breaks in between. Use a soft barrier between the compress and the skin and avoid applying pressure to the eyes.
- If fat transfer was performed as part of your procedure, do not use cold compresses or icing to the treated areas.

**SLEEPING**

- Sleep with your head elevated so that it remains above the level of your heart for at least 1 week after surgery.
- Avoid sleeping flat or on your side. Using multiple pillows or a wedge pillow may help maintain proper positioning.



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**SHOWERING**

- You may shower from the shoulders down 24 hours after surgery, but do not get the eyelid area wet until cleared by Dr. Hilinski.
- Once cleared, allow water and mild soap to run gently over the face. Do not rub the incision sites. Pat dry carefully.

**ACTIVITY**

- Avoid strenuous activity, bending, heavy lifting, and any activity that raises your heart rate or blood pressure for at least 2–3 weeks.
- Light walking is encouraged early in recovery.
- Gradually resume normal activity as swelling improves and you feel comfortable.

**SWELLING AND BRUISING**

- Swelling and bruising are expected and may take 1–2 weeks to significantly improve.
- It is common for swelling to be more noticeable in the morning and improve throughout the day.

**MEDICATIONS AFTER SURGERY**

- Take prescribed pain medication as directed.
- You may transition to acetaminophen as discomfort improves.
- Avoid all restricted medications until cleared by our office.

**VISION CHANGES**

- Temporary blurred vision is common due to ointment use and swelling.
- Mild tearing or dryness may also occur.
- Double vision or significant visual changes are uncommon and should be reported immediately.

**MAKEUP AND SKIN CARE**

- Avoid makeup around the eyes for approximately 1–2 weeks or until incisions are adequately healed.
- Avoid mechanical exfoliation or rubbing of the eyelids.

**CONTACT LENSES**

- Avoid contact lens use for approximately 1–2 weeks or until comfortable.
- Glasses may be worn as needed.

**SUN PRECAUTIONS**



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- Avoid direct sun exposure to the eyelids during early healing.
- Use sunglasses when outdoors.

**HEALING TIMELINE**

- Initial healing occurs over the first 1–2 weeks.
- Most patients are socially presentable within 10–14 days.
- Final results continue to improve over several weeks to months.

**FOLLOW-UP**

- Your first postoperative visit is typically within 5–7 days after surgery for evaluation and possible suture removal.
- Additional follow-up visits will be scheduled as needed.

**WHEN TO CONTACT OUR OFFICE**

Contact our office if you experience severe pain, significant asymmetrical swelling, worsening redness, fever greater than 101°F, vision changes, or any concerns regarding healing.