

**POST-OPERATIVE INSTRUCTIONS
BLEPHAROPLASTY**

Edward Eades, MD
520-323-6994

Follow-up Appointment

Call the office and make an appointment for this / next: Tuesday Thursday

Incision Care

1. It is normal to experience some oozing from the incisions during the first 12 hours.
2. To minimize swelling, use cold compresses on your eyes for at least the first 12 hours after surgery and sleep with your head elevated for the first week after surgery.
3. You may bathe and get your incisions wet the day after surgery.
4. Beginning the day after your surgery, clean the incisions as needed with hydrogen peroxide and a q-tip to remove any crusting on the incisions.
5. You may keep a thin layer of the antibiotic ointment you were sent home with on the incisions if you so desire.
6. For the first 48 hours after surgery - DO NOT bend over or otherwise position your head lower than your chest, this can cause bleeding.
7. For one week after surgery - DO NOT engage in any strenuous activity (exercise, heavy lifting, intimate relations, etc.), doing so can cause bleeding.

Call Dr. Eades (520-323-6994) with questions or concerns, especially:

1. Signs of infection: fever, and/or increasing pain, redness and swelling in the eyelids.
2. If the incision is bleeding, carefully wipe off all clotted blood and apply light pressure with a washcloth for ten minutes by the clock, call Dr. Eades if the bleeding continues after two attempts to stop it.
3. If you experience any sudden swelling around the eyes, sudden increases in pain or change in vision.