



POSTOPERATIVE INSTRUCTIONS  
FOR AFTER EYELID SURGERY  
(BLEPHAROPLASTY)  
TEL: (954) 659-9990

1. TAKE ALL THE MEDICINES THE DOCTOR HAS PRESCRIBED; THESE ARE TO PREVENT INFECTION AND HELP ALLEVIATE PAIN. DR. DÍAZ MAY ALSO PRESCRIBE MEDICINES FOR NAUSEA AND VOMITING.
2. YOU MAY DEVELOP A MILD FEVER THE NIGHT OF SURGERY OR THE FOLLOWING DAY. TAKE TYLENOL® IF YOU NEED TO. YOU MAY HAVE NAUSEA AND VOMITING.
3. YOU WILL SWELL UP SIGNIFICANTLY IN THE NEXT TWO (2) DAYS. THE SWELLING MAY EVEN CLOSE YOUR EYES SHUT. THIS MAY OCCUR ESPECIALLY BETWEEN THE EYELID TISSUE WHERE YOUR EYELASHES ARE AND THE INCISION IN THE UPPER EYELID. START TODAY PLACING ICE TO THE EYES; GENTLY APPLYING LIGHT PRESSURE OVER THEM. AFTER TWENTY FOUR (48) HOURS, YOU MAY DISCONTINUE THE ICE.
4. YOU HAD STITCHES (SUTURES) PLACED DURING SURGERY AND THESE WILL BE REMOVED BY THE DOCTOR FOUR (4) TO SIX (6) DAYS AFTER SURGERY. DR. DÍAZ WILL INFORM YOU WHEN THEY WILL BE REMOVED.
5. THE STITCHES (SUTURES) MIGHT CAUSE SOME DISCOMFORT OR PAIN. THERE IS LITTLE THAT CAN BE DONE FOR THIS OTHER THAN TO TAKE THE PRESCRIBED PAIN MEDICATION.
6. EXPECT SOME OOZING TO OCCUR FOR A COUPLE OF DAYS AFTER SURGERY. THE OOZING FLUID WILL HAVE A BLOODY TINGE TO IT; THIS IS NORMAL.
7. PLEASE DO NOT RUB THE WOUND, PLACE MAKE-UP, OR PULL ON THE STITCHES.
8. MAINTAIN EYELID WOUNDS WET AT ALL TIMES WITH A THE CREAM/OINTMENT THE DOCTOR HAS PRESCRIBED YOU BY DABBING ON THE WOUND APPROXIMATELY THREE (3) TIMES A DAY.
9. YOU MAY USE YOUR EYES FOR READING OR TV VIEWING AS FREQUENTLY AS YOU WISH.
10. DO NOT USE CONTACT LENSES FOR AT LEAST TWO (2) WEEK. PULLING ON THE EYELIDS WHILE INSERTING OR REMOVING THE LENSES MAY INTERFERE WITH PRECISE INCISION HEALING. GLASSES MAY BE USED AT ANY TIME, INCLUDING SUNGLASSES.
11. DO NOT USE MASCARA, EYELINER, OR EYE SHADOW UNTIL APPROVED BY THE DOCTOR. THIS WILL USUALLY BE SOMETIME BETWEEN TEN (10) TO FOURTEEN (14) DAYS.
12. TRY TO LIMIT YOUR ACTIVITY TO REST ONLY ON THE DAY OF SURGERY. THE FOLLOWING DAY YOU MAY SLOWLY START RESUMING NORMAL ACTIVITY. PLEASE DO NOT EXERCISE UNTIL DR. DÍAZ TELLS YOU TO.
13. YOU MAY SHOWER THE DAY FOLLOWING SURGERY. DO NOT RUB; ONLY DAB THE WOUND AREA DRY.
14. SMOKING IS A RELATIVE CONTRAINDICATION FOR THIS TYPE OF SURGERY. IT RETARDS WOUND HEALING SIGNIFICANTLY. IF YOU SMOKE, STOP SMOKING FOR SEVERAL DAYS.
15. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR CARE, PLEASE CALL US TO THE NUMBER ON THE TOP OF THIS SHEET EVEN IF IT IS AFTER HOURS.