Cynthia M. Goodman, M.D., Inc.
Plastic & Reconstructive Surgery
2200 LARKSPUR LANDING CIRCLE #104
LARKSPUR, CA 94939
(415) 925-8555

BLEPHAROPLASTY POSTOPERATIVE INFORMATION

1. You may experience double vision for several hours after surgery because of the local anesthetic solutions that are injected into the tissues.
2. You will be allowed to leave shortly after your surgery is over. You must arrange to have somebody pick you up, as you will be unable to drive.
3. When you return home, stay in bed with your head elevated on a couple of pillows. No lifting, straining, or bending over is allowed. Sleep with your head elevated for the first week after surgery in order to reduce swelling. Place Refresh Tears ointment in your eyes to help them close while you sleep at night. When you are awake, you can use the Refresh Tears drops to rinse your eyes.
4. Apply wet, cold compresses to your eyes during the first week. These help to diminish pain, swelling, and bruising and help to keep the incisions clean of small blood clots and bloody crusts. You may find that your eyelids stick together, especially in the mornings. The compresses will help to clean the lashes and incisions and will help the lids to open again. Only use wet cold compresses. Remember, if you use the compresses, your swelling and bruising will be reduced and your recovery will progress more quickly.
5. Expect slightly blurred vision and/or excessive tearing for a few days after surgery.
6. You can expect moderate discomfort, swelling, and bruising (including the lower eyelids even if we didn't operate there). The swelling and bruising usually worsen the first two or three days after surgery. You will notice that the swelling is worse in the morning and will decrease as the day progresses. Most of the swelling and bruising will diminish gradually over two to three weeks, but sometimes a longer period of time is necessary. Use the medications prescribed as necessary. Avoid salty foods, which may increase swelling.
7. It is important to realize that your lids will not heal equally and that one side may appear more swollen and bruised than the other. This is normal. Occasionally the whites of the eyes become bloodshot or form a blister. These are temporary conditions and are not dangerous to your vision, but they make take three or four weeks to resolve.
8. Occasionally a small bump forms at the outer corner of the eye where your eyelid muscle has been sutured to the tissue adjacent to your orbital bone. These bumps generally disappear in four to six weeks. Sometimes the eyelid tissue temporarily swells away from the eyeball and excess tearing may occur until the swelling subsides. If restructuring of the eyelid is performed, such as creating a new, higher fold, the postoperative swelling will be prolonged and the normal range of motion will be restricted for several weeks during which time you may have a "sleepy" appearance.
9. Take pain medications as directed. Remember not to take medications that may increase bruising or bleeding.
10. Avoid wind and dust when possible. For example, do not visit golf courses or drive with the top down. The eyelids may not perform their protective function perfectly for a period of time following surgery. Wear sunglasses whenever you are outside.
11. You may shower and shampoo everyday after the day of surgery. You may wash the incisions with normal soap and water.
12. Do not fly for two weeks following surgery.
13. Buy Refresh tears eyedrops and ointment prior to surgery.