



COSMETIC EYELID SURGERY (BLEPHAROPLASTY) POST-OP INSTRUCTIONS

Congratulations! Your surgery is over and you are now home recovering. After surgery, it is important to follow these postoperative instructions. This will increase the likelihood of an uneventful recovery and of achieving the results you desire. If you have any questions regarding these instructions or your recovery, please call Dr. Hein at 781-263-0011. We wish you all the best and are always happy to hear from you.

ACTIVITY

- The first week, you will need to take is easy. You may be tired. You will be most comfortable sleeping on your back. Try to keep your head elevated as much as possible for the first 48 hours. Some patients like to use a recliner.
- Avoid lifting more than 10 pounds for 4 weeks. Do not exercise for 4 weeks.
- You may not drive until you are off narcotic pain medication and able to see well.
- Do not smoke; do not be near secondhand smoke.

DRESSINGS

- You may shower/wash your face after 48 hours. The wound tapes may come off and do not need to be replaced.
- Use lightweight ice packs for 48 hours—e.g. frozen peas, ice wrapped in a washcloth, etc.
- Use saline eye drops as needed for eye dryness.
- Use antibiotic ointment (you will go home from the hospital with a tube) in the eyes at night.

DIET

- You won't have much of an appetite for a few days, but try to drink plenty of fluids.
- If you have nausea, stick to a bland diet and eat lightly until the nausea goes away.
- Try to avoid getting constipated-laxatives and stool softeners may be helpful. Tapering off the narcotic pain medication as soon as possible is also helpful.

MEDICATIONS

- Usually tylenol and ice are all you need for pain control. Please let us know if you need something stronger; we will call it in for you.
- If Dr. Hein prescribed an antibiotic (this is unusual), you should take it until it is completed.