



DAINES PLASTIC SURGERY

BLEPHAROPLASTY

POST-OP INSTRUCTIONS:

- Please do not **take aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil**, or ANY **herbal supplements** for 2 weeks prior and 1 week after surgery.
- For the first 4 hours: Apply cold compresses to your eyes 10 minutes on and 10 minutes off. Wrap ice chips in gauze pads. They will absorb oozing from incisions and help keep sutures clean.
- For the first 5 days: Gently clean incisions twice daily with diluted hydrogen peroxide soaked Q-tips by rolling over incisions, then apply Vaseline healing ointment.
- Use lubricating eye drops (such as Refresh or Visine Tears) as needed for dry eyes. Eye dryness may last a couple of weeks.
- Sleep in a recliner or with a pillow elevated for the first 48 hours to minimize swelling and bruising.
- You may shower after 24 hours.
- Swelling will peak 48 – 72 hours post-op and will then begin to subside.
- Sutures will be removed after 5-7 days.
- You may wear eye makeup after 3 weeks.
- Do not exercise for 2 weeks.
- Do not wear contact lenses for 2 weeks.
- Bruising can last approximately 7-10 days.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US.

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