

Dana M. Coberly, M.D.
EYELID SURGERY (BLEPHAROPLASTY)
After Care Instructions

- After your surgery keep your head elevated on at least 2 pillows. While awake in bed, flex your feet and legs 3-5 times every hour. When getting out of bed to go to the bathroom, do so only with assistance, especially if your eyes are swollen.
- Apply surgical cold mask (Swiss Eye Mask) or surgical gauze pad with crushed ice to your eyelids as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have.
- If your eyes feel dry, use a tear substitute as needed. (*Refresh Plus* is excellent; you can buy it over the counter). You may use the drops as often as every 30 minutes as needed to keep your eyes moist and comfortable.
- If your eyes burn or remain partially open when sleeping, apply *Refresh PM* ointment (available over the counter) inside the eyelid as long as needed. This will make your vision blurry, but it will clear as the ointment is absorbed.
- If you have discomfort/anxiety, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- You can expect swelling of the face and eyes after surgery. You can also expect some bleeding from the stitch lines. If the swelling on one side is definitely more pronounced on one side than the other side, if you are having pain which is NOT relieved by the pain medication, or if the bleeding becomes a continuous bloody drip, call Dr. Coberly at 813-259-1550.
- On the day after surgery, apply antibiotic eye ointment to incisions 3 times a day. Apply just enough to keep crusts from forming on the stitches and to keep the area from feeling tight. Do this for 3 days.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- The second day after surgery you may begin washing your face (but not your eyelids) gently with mild cleanser. It will not hurt to get water on the stitches or in the eyes.

- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk). After the 2nd week you should gradually increase your activity so that you are back to normal by the end of the 3rd week.
- Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important for the first few days following removal of the stitches.
- If you experience itching in the eyes or any discomfort after 3-4 days after surgery, warm compresses may help to relieve your symptoms.
- If your eyes become red and irritated or if you form yellow matter in your eyes, discontinue the ointment and contact Dr. Coberly.
- Tearing often occurs after surgery. This will stop as the swelling goes away.
- Tightness of the eyelids is normal after surgery. This may make it hard to close your eyes completely. This will relax with time.
- Contacts may be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually around 10 days after surgery. If it is necessary to pull down on your eyelid to insert them, they should not be worn for 2 weeks.
- Cosmetics (mineral make-up) may be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.
- All incisions will be extremely sensitive during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.