

Post-Operative Instructions: Blepharoplasty

Immediate Post-Op Care (First 24-48 Hours)

Rest & Elevation

- Keep your head elevated (at a 30-45° angle, including while sleeping) for the first week to minimize swelling.
- Avoid bending over, heavy lifting, or straining.

Cold Compresses

- Use the Ice Gel Cool Mask we provided—apply it gently to the eyelids for at least 10-15 minutes every hour for the first 24-48 hours.
- You may continue cold compresses as long as needed—the longer, the better to help reduce swelling.

Medications

- Take pain relief and antibiotics as directed
- Avoid aspirin, anti-inflammatory medications, or other blood thinners unless approved by your surgeon.

Eye Care

- Use prescribed antibiotic ointments or eye drops as instructed.
- Avoid rubbing or touching your eyes.
- Wear sunglasses to protect your eyes from wind and sunlight.

First Week After Surgery

Swelling & Bruising

- Swelling and bruising are normal and will peak around day 2-3, then gradually improve.
- Continue using the Ice Gel Cool Mask as needed—cold compresses help significantly with swelling.

Wound Care

- Keep incisions clean and dry.
- Do not pick at scabs or sutures.

Activity Restrictions

- Avoid strenuous activities, exercise, or heavy lifting for at least 14 days.
- No swimming, hot tubs, or saunas for 2 weeks.
- Avoid contact lenses for at least 1 week (or as advised).

Long-Term Recovery (2-6 Weeks)

Suture Removal

- Your sutures will be removed, and your wound redressed at your 1-week post-op visit.

Scar Care

- Once incisions are fully closed, apply silicone gel or scar cream as advised by your surgeon when you see them in clinic.
- Protect scars from sun exposure with sunscreen (SPF 30+) and wear sunglasses for extra protection.

Final Results

- Most swelling resolves within 2-4 weeks, but subtle improvements continue for 3-6 months.
- Final results are typically visible by 6 months..

When to Call Us

Contact us if you experience any of the following:

- Severe pain not relieved by medication
- Sudden vision changes or excessive swelling
- Signs of infection (increased redness, warmth, pus, or fever)
- Excessive bleeding or separation of incisions

Email: Theatre@facemed.co.uk

Phone: 01268 833680 (Option 3) 08:00 - 18:00 Monday - Friday & 08:00 - 14:00 Saturday

Follow-Up Appointments

- Please Attend all scheduled visits to monitor healing.
- Nurse Led Appointment:
- 1st Consultant Led Follow Up:

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EMERGENCY

IN CASE OF EMERGENCY PLEASE DIAL 999 AND ATTEND ACCIDENT AND EMERGENCY THIS INCLUDES SUDDEN HIGH TEMPERATURE, BLEEDING, CHEST PAIN AND BREATHLESSNESS.