



# WHITBY

PLASTIC SURGERY

## Upper/lower lid Blepharoplasty

### Dressings

You may have tapes across your incision. If this is the case please leave them in place for one week at which point you can remove them. If they fall off please just apply a thin layer of Vaseline to the incision 3 times/day up to 2 weeks post excision. If you do not have tapes please apply Vaseline to the incision 3 times/day. Please apply the gel eyedrops every night before bed for the first week and the liquid eye drops three times/day.

### Showering

It is okay to shower 36 hours after your surgery right over the tapes or the incision. Just pat it dry after the shower. Please do not submerge the incision for one week for instance in the bath.

### Pain

Please take Tylenol extra-strength and your prescribed medication, if you have been given one, starting 2 hours after surgery and regularly over the next 36 hours even if you do not have any pain. Once pain starts if is very difficult to stop.

### Sutures

Your sutures will be removed at your one week follow up.

### Activity

Please spend the first 24 hours after your eyelid surgery relaxing in a reclined position. Ice packs are helpful for the first 36 hours to reduce swelling. Do not ice longer than 20 minutes at a time.

Otherwise please refrain from exercise and heavy physical activity for 7 days.

### What to watch out for

Some redness around the incision as it heals is normal. This is due to increased blood flow.

If pain is increasing after 3-4 days associated with redness and swelling that is not improving over 10-12 hours these are signs of an infection. You should call the office, your family practitioner or present to emergency if the first two options are unavailable.

Sudden onset of pain behind one eye and loss of vision is a sign of a bleed behind the eyeball. Please go immediately to the closest emergency department.

Scar managementYour final results with take 3-6 months. Swelling, bruising and tenderness are common and tend to worsen over the first 36-72 hours then gradually improve.

