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### **EYELID (BLEPHAROPLASTY) AFTER CARE INSTRUCTIONS**

- After surgery it is best for you to keep your head elevated on a head wedge rest at a 45° angle when in bed.
  - Apply cold compresses for at least the first 72 hours to reduce the amount of swelling you will have after surgery (make sure you keep these compresses cold and wet, and change them every 15-20 minutes.)
  - If you have discomfort in your eyes, take the pain medication every 4-6 hours. It is best to take the pain medication with crackers, jello, etc. ***If you have no pain, do not take the pain medication.*** Do not drink alcohol until you have stopped the pain medication.
  - A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
  - You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
  - Apply Refresh P.M. ointment (available over the counter) inside the eyelid ***every night at bedtime.*** This will make your vision blurry, but it will clear as the ointment is absorbed.
  - Use Tobradex eye drops in each eye. Use 3 drops in each eye, 3 times per day for the first 5 days.
  - Use Refresh Plus drops in both eyes every 1-2 hours.
  - The 2<sup>nd</sup> day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap (Ivory or Neutrogena) and rinse with water. It will not hurt to get water on the stitches or in the eyes.
  - Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.
  - Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute, do not bend at the waist and do not lift anything greater than 5 pounds.) After the 2<sup>nd</sup> week you should gradually increase your activities so you are back to normal by the end of the 3<sup>rd</sup> week.
  - If you awaken in the morning with eye irritation or red eye – it means you need to use more *Refresh PM* at night as your eyelids do not close completely for a few weeks after surgery.
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## **GENERAL INSTRUCTIONS:**

- Tearing and dry eyes often occur after eyelid surgery. This will stop as the swelling subsides over the first several days.
- Tightness of the eyelids is a normal feeling after surgery and may make it hard to close the eyelids completely. There may also be a feeling of numbness of the eyelids. Both sensations will subside with time.
- Red discoloration of the whites of the eyes is normal as well. This is painless, will not harm your vision, and will disappear completely. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
- Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell – it can take a few weeks to resolve – be patient, it will go away.
- Cosmetics can 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 to sunlight during the healing phase. Direct sun is to be avoided.
- Please take medications only as directed by Dr. Constantine.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.
- If you develop a fever (oral temperature greater than 101°) and/or have redness or increased pain at the site of your surgical incisions, **please call Dr. Constantine immediately.**

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