



SUMMARY OF POST SURGERY INSTRUCTIONS FOLLOWING

BLEPHAROPLASTY (UPPER OR LOWER)

DRESSINGS AND MEDICATIONS

No dressings required just antibiotic ointment for the wounds. In some cases steristrips to support eyelids. All prescribed medications to be taken as instructed.

DO NOT WEAR CONTACT LENS until after stitch removal at day 7.

FOLLOW UP APPOINTMENTS

At 1 week for stitch removal, 3 weeks and 4 and 12 months, but this can vary.

TIME OFF WORK

Typically 10 days.

WASHING

Shower from day one as wounds are splash proof. Avoid rubbing wounds.

BEACH AND SWIMMING

After all wounds are dry and healed at approximately 4 weeks.

SLEEPING POSITION

Sleeping upright with three pillows for a week to reduce swelling.

MOBILITY

Immediately but avoid bending forwards excessively.

DRIVING

At 1 week.

EXERCISE

None for 3 weeks to avoid excessive swelling.

FULL RECOVERY

6-8 weeks.

FINAL APPEARANCE

4 months for eyelid contours, 18 months for scars.

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YOUR NOTES AND QUESTIONS