

SIEGEL

FACIAL PLASTIC SURGERY

After Blepharoplasty (Eyelid Surgery)

- What can I expect after surgery?
- Call the Office promptly if you notice any of the following
- How do I care for myself after surgery?
- Recovery timetable

What can I expect after surgery?

You might experience mild to moderate pain and discomfort after surgery. This will usually be easily managed with some oral medications. Tylenol with codeine (or a suitable alternative if you're allergic to codeine) should generally relieve pain.

Rest assured, the discomfort and pain should start to ease up within 48 hours after your surgery. If you notice a significant increase in pain after that time, please don't hesitate to reach out to the office for guidance.

It's perfectly normal to have some bruising and swelling after the procedure, and while these symptoms might seem a bit more pronounced on the second day, that's just part of the healing process.

Some tearing and sensitivity to light are common as well, but they typically only last for a short period. If you'd like, you can wear sunglasses.

Call the office promptly if you notice any of the following:

- Development of a temperature elevation exceeding 101.0 degrees.
- Sudden severe increase in swelling, bleeding, or pain.
- any vision change. (it is normal for your vision to be blurry after surgery due to lubricant ointment used during your procedure)

If any of the above should occur after regular office hours, do not hesitate to reach Dr. Siegel directly on his cell phone at 832-265-1935. For whatever reason if you notice one of the above changes and cannot reach us at our office or through the answering service, present yourself to the emergency department for evaluation.

How do I care for myself after surgery?

Make arrangements to have someone drive you to and from your surgery.

Having someone stay with you on at least the first night after your surgery is highly recommended.

Be sure to fill your prescriptions before your surgery.

Arrive for your surgery in loose comfortable clothing. Your top should button or zip rather than pull over your head.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and 2 weeks after your surgery.

If you are a smoker, you should not smoke for at least 2 weeks before and after surgery. Any tobacco products, including nicotine patches, inhibit your circulation and can significantly compromise your surgical outcome.

To minimize swelling, you may use cold compresses or frozen corn in Ziploc bags in a dry cloth. You may apply these gently to your closed eyes four-to-six times a day for the first twenty-four hours after surgery.

Sleep with the head elevated—at least three pillows for the first week after surgery.

Some crusting may appear around your eyes after the first 24 hours. Warm clean compresses applied to the area several times a day will help alleviate the crusting.

If your eyes are dry after surgery you may use artificial tear drops (available in drug stores) to help soothe them during the day. Your surgeon may prescribe a lubricating ointment to put into your eyes at bedtime. It is not unusual for this ointment to briefly blur your vision when it is first applied but this is temporary.

Usually, your surgeon will use dissolvable sutures, which will disappear on their own within 5-to-7 days. External sutures should be kept clean and dry. If non-dissolvable sutures are used, they should be removed within 5-to-7 days after surgery.

You should avoid vigorous exercise and should avoid any significant physical exertion, lifting or straining for a minimum of 3 weeks after your surgery, as this activity could disrupt your wound healing. Plan on taking it easy.

You may shower or bathe the day after surgery but do not let the spray directly strike the area of your eyes. Do not rub, wash, or massage your eyelids.

Do not wear any eye makeup until after you are examined and told it is all right to do so. Do not wear contact lenses for the first 5 days after surgery. Contact lenses may be worn after this time if there is no significant eye irritation present, and if the incisions are healing well.

Recovery timetable

Approximate recovery after Blepharoplasty is as follows:

DAY 1 Return Home. Use cool compresses for 24 Hours. Mild swelling and bruising, mild discomfort.

DAY 2-3 Maximum bruising, swelling and some crusting on eyelashes. Use warm compresses for crusting.

DAY 5-7 Stitches removed or dissolving. Bruising going away.

WEEK 1-4 Eyes mildly irritated or teary.

REMEMBER: If you have any concerns or questions, please contact our office at any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation and continuing after your surgery.