



Pre and Post Operative Instructions BLEPHAROPLASTY

BEFORE SURGERY

1. For your comfort, please bring a pair of sunglasses to wear after surgery.
2. No makeup or lotions on your face prior to surgery.

AFTER SURGERY

1. Apply ice water compresses to your eyes and cheeks for the first 24 hours at home.
2. If applied, do not touch the little strip plasters on the upper eyelids.
3. If prescribed, apply the eye drops 3 to 4 times daily. Blurring of vision may result from the medication. This is temporary and is to be expected.
4. You must keep your wounds dry until your stitches or plasters have been removed.
5. Do not drive during the first week after surgery.
6. Do not bend over, lift heavy objects, push or strain for the first week. No strenuous activity for the first month.
7. Swelling and discolouration (purplish) of the eyes is to be expected post operatively. This can be relieved by applying icepacks and will usually subside in a few days.
8. You may wear glasses but contact lenses should not be worn until after the first week.
9. Eye makeup may be gently applied after all stitches are removed, and gently removed with a mild cleansing cream.
10. Be sensible and rest for at least 48 hours.
11. Do not tweeze your eyebrows for the first two weeks after surgery.

Please note this hospital has a no smoking policy