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**POST OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY (EYELID SURGERY)**

**INSTRUCTIONS**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

**ACTIVITIES**

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- Read or watch television after 2-3 days.
- Return to work in 10-14 days.

**INCISION CARE**

- You may shower after your first post-op appt.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold saline compresses first 24 hours for comfort and to reduce swelling and bruising.

- Keep your head elevated for several days; sleep with your head on 2 pillows at least 1 week.
- Generally, your hair can be shampooed anytime after surgery.
- Wait at least 2 weeks before wearing contact lenses.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.

### **WHAT TO EXPECT**

- Occasionally, the eyes are bandaged for the first night.
- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have gummy eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

### **APPEARANCE**

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out; can be easily removed by surgeon.
- Facial makeup can cover up bruising after the sutures are removed.

### **FOLLOW-UP CARE**

- Sutures if any are present will usually be removed in 5-7 days.

### **WHEN TO CALL**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

### **For medical questions, please call:**

- **909-798-9950**, Monday - Friday, 9:30 a.m. - 5 p.m.

- After hours and on weekends for emergency calls – Dr. Punjabi @ **909-213-6183**