

**Mr Saeed patient's; Instructions after routine blepharoplasty surgery****SWELLING AND DISCOLORATION**

A varying amount of temporary swelling and discoloration follows this procedure. This can vary from minor swelling to quite significant bruising.

AFTER YOUR OPERATION: You can help normal healing to occur several ways:

1. Continue to take the antibiotic ointment given to you until you run out. Usually after a week no more is needed.
2. Sleep with your head elevated 30 to 40 degrees for one week; use an additional pillow or two under your mattress, if necessary.
3. Apply cool compresses made of face towels (usually face towels over a bag of frozen peas is a good idea) to your eyes for twenty-minute periods every 4 hours while awake during the first three days after surgery.
4. Try to stay upright with the head above the rest of your body (sitting, standing, walking around) as much as possible after you return home.
5. Avoid bending over or lifting heavy things for one week.
6. Avoid straining at stool, which also raises the blood pressure.
7. Avoid hitting or bumping your face and eyes.
8. Avoid excessive exposure to sun for prolonged periods during the first 30 days following operation. Wear a hat if necessary. In the UK, this usually isn't a problem.
9. You may have your hair washed twenty-four hours after sutures are removed.
10. You may have a shower day after surgery, but avoid getting the eyes wet. The face may be gently cleansed with cotton pads.
12. Do not resume exercising, running, or swimming for 3-4 weeks after surgery.

**BLEEDING IF** bleeding occurs, go to bed, elevate the head, apply cold compresses over the eyes, and have someone report it to us by telephone.

**FEVER** If you get a fever, please report to the hospital immediately.

**SUTURE REMOVAL MR** Saeed will arrange suture removal for you usually a week to 2 weeks after your surgery. This will depend upon the type of suture used and your personality.

During the first several days following surgery, there will be significant swelling and perhaps bruising as well. Scars will start to form but these will be in the lines of skin creases and hence will usually be hidden within the natural lines of the face and lids. As the wound edges start healing, they go through a period of slight swelling and reddening; later, this subsides and the scar becomes less

prominent. This is the way normal scars mature. Lumpiness of the scars is usually temporary and will subside with the passage of time. Cosmetics or cortisone creams may be used to minimize the problem while the progressive evolution is occurring.

**Disclaimer:** This information leaflet is produced to help patients recover after a blepharoplasty procedure. It is not intended to replace professional medical advice or to provide advice in any special individual circumstance. Please seek expert medical advice regarding your specific medical condition.