



PLASTIC SURGERY INSTITUTE OF OHIO

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POSTOPERATIVE BLEPHAROPLASTY, (EYELID) INSTRUCTIONS

1. Rest with your head on two or more pillows to reduce swelling.
2. Apply ice compresses (bags of frozen peas, or corn over the Swiss Therapy compresses) to your eyes for the next 24 to 48 hours continuously, and then for the rest of the week intermittently. This greatly reduces bruising and swelling.
3. Apply prescribed ophthalmic eye antibiotic ointment to your eyelid stitches twice a day for 5 to 7 days.
4. Apply ophthalmic eye antibiotic ointment to the eye itself at night to prevent drying of the eye at night. Saline eye drops should also be used frequently during the day to keep the eyes moist.
5. Wear sunglasses to prevent sun glare during your healing period. Avoid eye strain also.
6. Take your prescribed medications as ordered:

Antibiotic: _____

Pain medicine: _____

Other: _____
7. Make an appointment with our office to have your stitches removed in one week. Call (216) 561-0312 for an appointment.
8. Do not wear contact lenses until instructed that you may resume.