



Notify the Doctor or Go to the Emergency Department if any of the following happens:

- Fever over 38°C or 100.4°F
- Bleeding which does not stop
- Pain unrelieved by prescribed medication
- Pus-like (yellow or green) drainage from the incision
- Spreading redness and swelling of the skin around the sutures
- Bulging forward of the eyes
- Reduced vision

Besides these general instructions remember also:

Revised by: A. Vanderhoeven, Clinical Educator – Eye Care Centre
with the assistance of the Ophthalmologists
and the staff in the Perioperative Care Centre

For more copies, go online at <http://vch.eduhealth.ca> or
email pchem@vch.ca and quote Catalogue No. **FH.550.B617**
© Vancouver Coastal Health, July 2007

The information in this document is intended solely for the
person to whom it was given by the health care team.
www.vch.ca

Blepharoplasties (Eye Lid Procedures)

Discharge Instructions

North Shore, Sea to Sky,
Sunshine Coast, Powell River,
Richmond and Vancouver

General Information

Blepharoplasty is the removal of excess skin/fat from the upper or lower eyelid.

Important Points in Treatment

◆ Diet

You may then return to your normal diet.

◆ Activity

- You are encouraged to be up and about the day after surgery, wearing sunglasses to shield your incisions and to decrease scarring from the sun.
- Avoid strenuous exercise for 2 weeks,
- Avoid swimming for 3 weeks.
- No bending or heavy lifting for 7 days.
- Ask your doctor when you can return to work.

◆ Swelling

- To help reduce swelling and bruising as much as possible, keep a cold washcloth over the eyes for 24 hours.

We recommend:

- 1) Mixing cold tap water and ice in a clean bowl. Soak washcloth in this water/ice mixture, wring out the cloth and place over your eyes until it is no longer cool (if possible, for this first day use a clean washcloth each time you do this); or
- 2) A damp facecloth placed in a sealed bag in the freezer works well.
 - After the first 24 hours, you may continue to use cold compresses off and on to help decrease pain and swelling.
 - Keep your head raised on 2 pillows while sleeping, and try to sleep on your back for 10 days.

- Place a cloth or paper towel on your pillow for protection in case of some drainage seeping from your wound
- Swelling and bruising is generally gone in 1-2 weeks.

◆ Stitches

- Sutures (stitches) will be removed by your doctor at a follow-up appointment 1-2 weeks after surgery.
- The doctor will inform you on how to care for your suture line at home.
- Complete healing may take 3-6 months.

◆ Bleeding

It is normal to expect some oozing. This should stop during the first 24 hours. Cool compresses may help stop a trickle of bleeding. If bleeding worsens, apply direct pressure for 5 minutes with a cool cloth.

◆ Pain

- You may have tearing, burning, and tightness around the operative site after surgery - this is normal.
- Prescriptions given after surgery are for pain and the reduction of swelling. Take as ordered by your doctor. Do not drink alcohol when taking pain medication.

◆ Avoid

Avoid make-up, creams and lotions near the incision line(s), **Unless Directed By Your Doctor**

◆ Follow-Up Appointment

- Ensure you keep appointments for follow-up care with your doctor. Contact your doctor's office to arrange for an appointment.