

BLEPHAROPLASTY POST PROCEDURE INSTRUCTIONS

- Arrange for someone to pick you up after your procedure appointment.
- DO NOT drink alcoholic beverages, or smoke for 3 weeks after your procedure. Both can significantly slow healing process.
- Rest in bed or a chair for the first 24 hours following surgery. Be sure to keep your head elevated. **Then sleep in an upright position for 1 week following your procedure.**
- The eyelids are usually swollen and may show noticeable bruising. Most swelling resolves quickly over 3-4 days, while discoloration will diminish more gradually over 10-14 days. The feeling of tightness is normal, as is one eye being more swollen than the other.
- **Apply cold compresses** as often as possible for the first 48 hours after procedure
- **Avoid bending, straining or heavy lifting** for the first week after procedure.
- Avoid physical exercise for one week.
- Report any sudden swelling or increased discoloration immediately.
- **Avoid straining during elimination.** If you need a laxative, we recommend Correctol (no prescription needed). Proper diet and plenty of water are recommended to avoid constipation.
- Prescriptions for eye drops and ointment MAY be provided. Gentle cleansing of the incisions around the eye with saline soaked gauze is done 2-3 times the first night and then 2-3 times daily afterwards. Then the ointment is applied to incisions after cleansing.
- Glasses may be worn immediately following procedure, contact lenses should not be worn until Dr. Chilukuri clears you to wear them during follow up.
- You may wash your hair using mild shampoo (J&J baby shampoo) on the first day after procedure. Allow the water to run over your incisions.
- Eye make up may be applied 1 day **after** the sutures have been removed.
- Do not pull or stretch eyelids for first 10 days following procedure.

- The average person is ready to return to work or go out socially 7-10 days following procedure.

Follow up expectations:

- Sutures will be removed at your first post procedure visit, generally 5-7 days after your procedure. Following this visit, you will be asked to return for further evaluation at 4-6 weeks after procedure and again at approximately 3 months following procedure.
- You are likely to have some pain following procedure. You may feel fatigued. Some patients experience nausea and even vomiting, during the first 24 hours.
- The more dramatic swelling of the first 48 hours will resolve fairly quickly. The bruising is typically gone by 2-3 weeks after the procedure.
- Subtle asymmetry is common.
- Continued slow healing occurs for at least one year.
- The swelling and scarring fades slowly over time.
- You can expect to have very slight blurring of vision for a few days due to swelling and ointment.
- During the first month you may notice a number of healing responses. These include asymmetric swelling, some irregularities to the skin and soft tissue (lumpiness), numbness in certain areas, tingling, changes to ear and brow position on one or both sides.
- Your eyes may feel dry and require you to apply artificial tears for a period of time.

Call our office promptly if:

- You experience an unusual amount of bleeding.
- There is a visual change
- You have fever or chills
- You have increase in pain, which is not easily controlled with oral pain medication.

During Office Hours
713.344.0450

After Hours (Cell)
713.443.8731