



1072 Troy Schenectady Rd. Latham, NY 12110

**POST OP INSTRUCTIONS FOLLOWING BLEPHAROPLASTY
(EYELID SURGERY WITH EXTERNAL INCISION)**

1. Shower the night before or morning of surgery using an antibacterial soap such as dial soap. No Make-up day of surgery. Increase fluid intake 2 days prior to surgery.
2. The day of surgery, wear a shirt that buttons in front and loose comfortable pants. Leave all valuables at home.
3. Post Surgery: Sleep on your back or side with head elevated after surgery.
4. Blepharoplasty usually causes little if any post-operative pain. If you notice significant sharp or dull pain which persists, notify my office immediately.
5. Cold compresses may be used over your eyes for 20 to 30 minutes six times per day to minimize swelling. It is not unusual to have asymmetrical swelling. This does not affect the out come of surgery.
6. **TAKE NO ASPIRIN OR ASPIRIN-CONTAINING MEDICATIONS.** TYLENOL, DARVOCET N-100 or other mild pain relievers prescribed are safe if needed.
7. Clean incision line with diluted Hydrogen Peroxide and then apply antibacterial ointment sparingly twice a day.
8. Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.
9. Do not use mascara, eyeliner or eye shadow until approved by us (usually 10 to 14 days). Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
10. Any apparent redness of the whites of the eyeball is only a form of bruising, and will subside during the early healing process. Occasionally, the first week after surgery, a small amount of blood may be discharged. This is not unusual and is no call for concern.
11. Do not engage in vigorous exercise or sports for a least 3 weeks or until approved by our office.
12. Stitches are removed 6 days after surgery depending on the extent of surgery. It is normal to feel slight itching and tightness of the eyelids during the early healing period. Avoid salty foods before and after surgery.
13. Begin taking your prescribed antibiotic with food after your surgery.

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call (518) 786-7000

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health. You may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Edwin F. Williams, III, MD