



UNC

DEPARTMENT OF OTOLARYNGOLOGY/  
HEAD AND NECK SURGERY  
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

## **BLEPHAROPLASTY (EYELID SURGERY) POSTOP CARE**

### **SUPPLIES:**

4X4 Gauze Pads (provided by the clinical staff)

Saline Solution (provided by the clinical staff)

Ophthalmic Ointment (prescription)

Q-tips

Ice packs (may use sandwich bags with crushed ice)

### **INSTRUCTIONS:**

Clean incision sites twice a day with saline solution on a Q-tip and apply Ophthalmic Ointment with a Q-tip twice a day for one week.

Apply saline soaked ice gauze first to eyelid and then cover with frozen packs of peas/ice packs for the first 48 hours post-op.

Avoid stressful activity, bending over (“head down” position) and heavy lifting greater than 15 lbs) until sutures are removed.

You may shower the day after surgery.

Avoid makeup to incision sites until 24 hours after the sutures have been removed.

### **WHAT TO EXPECT:**

Bruising, swelling, and “oozing” of blood are normal and expected. Swelling and bruising may start at the eyebrow area and “work its way down” toward cheek area before completely resolving, generally over a period of 7-10 days.

### **WHEN TO NOTIFY NURSE:**

If you experience a fever post-op, uncontrolled bleeding or swelling, redness at incision site, pain at incision site, then please contact the nursing staff at 987-974-3633