SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Post-Operative Instructions for Upper Eyelid Surgery

For blepharoplasty and/or ptosis repair

Cold compresses

- **First 48 hours:** Apply a cold compress or ice mask for 20 minutes every hour while awake. You do not need to wake up overnight to apply it. Never place ice directly on your skin.
- **Days 3–7:** Apply a cold compress 3–4 times a day for 10 minutes.
- **Note:** If you had fat grafting to your upper eyelids, do not ice.

Medication for Blepharoplasty/External Ptosis Repair:

- **Erythromycin ointment** *(if prescribed for blepharoplasty or external ptosis repair)***:** Apply over the incision or stitches 3 times a day, starting the day of surgery. Your vision may blur temporarily if some ointment gets into your eyes.
- **Neomycin/Polymyxin B/Dexamethasone (Maxitrol) Eye Drops** *(if prescribed for internal ptosis repair)***:** Use 1 drop in each eye 3 times daily until your follow-up appointment.
- **Medrol Dose Pack (methylprednisolone):** Follow the package instructions for the 6-day taper.
- **Pain relief:** Use your prescribed pain medication as directed. If using Tylenol (acetaminophen), follow the package or your clinician's instructions. Check other medications for acetaminophen so you do not accidentally take it in more than one product. Avoid aspirin or aspirin-containing products for 10 days after surgery unless your doctor has instructed you to take them.
- **Artificial tears:** Use as often as needed for dryness or to help clear temporary blurring from ointment. You may keep them in the refrigerator for a cooling sensation. If using more than one type of eye drop, wait 5 minutes between drops.
- **Other procedures or medications:** You may receive additional instructions or prescriptions based on your procedure. Follow the directions provided by our surgical coordinator.

Incision and Eye Care

- It is okay to shower and get your incision wet. Pat your face dry; do not rub or pick at the incision.
- Avoid makeup and creams around the eyes for 2 weeks unless instructed otherwise.
- Avoid contact lenses for 2 weeks.
- If you have glaucoma, continue your glaucoma eye drops starting the day of surgery.
- If you have external stitches, they will be removed at your follow-up visit, about 1 week after surgery.
- If you had internal ptosis repair, a bandage contact lens may have been placed on your eye. Leave it in place; it will be removed at your follow-up appointment.

Comfort and activity

- Keep your head elevated, including while sleeping. Use a dark pillowcase or towel in case ointment or drainage stains the linens.
- Wear the sleep mask provided every night for 2 weeks, starting the night of surgery, to protect your incision.
- Avoid strenuous activity and excessive sun exposure for 7 days.
- You may resume driving 24–48 hours after surgery if your vision is clear, you are not taking medication that makes you drowsy, and you feel safe to drive.

What to expect

- A small amount of blood around the incision on the day of surgery can be normal, especially near the inner and outer ends. Do not pick at it.
- Swelling and bruising of the upper eyelids are expected. The lower lids, cheeks, or lower face may also swell or bruise, even after upper eyelid surgery. This should improve over several weeks.
- Temporary eyelid asymmetry can occur as you heal. It is especially common after ptosis repair and should improve as swelling subsides over several weeks.
- Dry eyes are common after surgery. Use artificial tears as needed.

Contact the office immediately if you have:

- **Heavy bleeding, rapidly increasing swelling, or difficulty opening your eyes**
- **Sudden vision loss or double vision**
- **Pain or yellow or green discharge from your incision**
- **Fever, chills, or a rash**
- **An incision that opens**

For questions or concerns, call (305) 317-6448. If you have an urgent problem and the clinic does not answer, call Dr. Avila at (561) 901-7303.

For a medical emergency, call 911.