

WOUND CARE INSTRUCTIONS – UPPER BLEPHAROPLASTY SURGERY

You have had upper eyelid skin removed and the defect closed with sutures.

- You will go home without a dressing or bandage. You will have ointment on the stitched areas to expedite healing. Keep it dry for 24 hours. Please wear your sunglasses home and be sure someone accompanies you and drives you home.
- Wounds heal better and hurt less if there is less swelling. To reduce swelling during the first 48 hours, please follow these instructions.
 - Keep your head elevated to allow drainage of tissue fluid towards the heart. Sleep with your head elevated on pillows.
 - Use a cool compress for 10 minutes each hour during the first 2 days after the surgery. Frozen peas or crushed ice in a plastic bag are great. Place a thin towel over your eyes first and apply the ice pack over the area. If it feels too cold, take the ice off for a few minutes and then reapply. You can “freeze” your eyelid skin, so remove the compress if it feels too cold.
- After 24 hours – clean the wound FOUR times a day by applying a wash cloth moistened with tepid water to the closed eyes for 5 minutes.
- After soaking with the wash cloth, remove any crust from around the sutures with a Q-tip moistened with water or hydrogen peroxide.
- Apply the recommended plain Vaseline ointment to the suture line after soaking.
- Repeat steps above until you return for suture removal in a week after your surgery.
- Refrain from strenuous exercise, bending, straining, stooping, or lifting heavy objects for a minimum of 48 hours. These activities can cause bleeding and swelling.
- For pain, take only Tylenol or the pain medicine prescribed for you. Do not take aspirin, Advil, Nuprin, Motrin, etc. This is very important because these medicines can make you bleed.
- Please call us if you note INCREASING tenderness, redness, yellow or green drainage, swelling, purple discoloration, or fever.