

# Eyelid Repair Surgery (Blepharoplasty)

## What is eyelid repair surgery?

Eyelid repair surgery, or blepharoplasty (BLEF-uh-roe-plas-tee), is a procedure to repair droopy eyelids by removing excess skin, muscle, and fat.

## How is eyelid repair surgery done?

During eyelid repair surgery, a cut is made along the creases of your eyelids. Skin, muscle, and fat are removed and the skin is joined back together with tiny stitches.

## What can I expect after surgery?

You will have stitches in both eyelids for as long as a week.

- You may have some swelling, bruising, irritation or dry eyes, and pain. These symptoms can be controlled with medicine, cold packs (compresses), and ointment. Irritation at the incision sites is also possible. Your eyelids should look normal within 2 weeks.
- Some people have dry eyes after surgery, but that rarely lasts more than 2 weeks. If you have dry eyes lasting more than 2 weeks, call your doctor.
- Plan to stay home from work and limit your activities for several days after surgery while your eyelids heal.

## How do I care for myself at home?

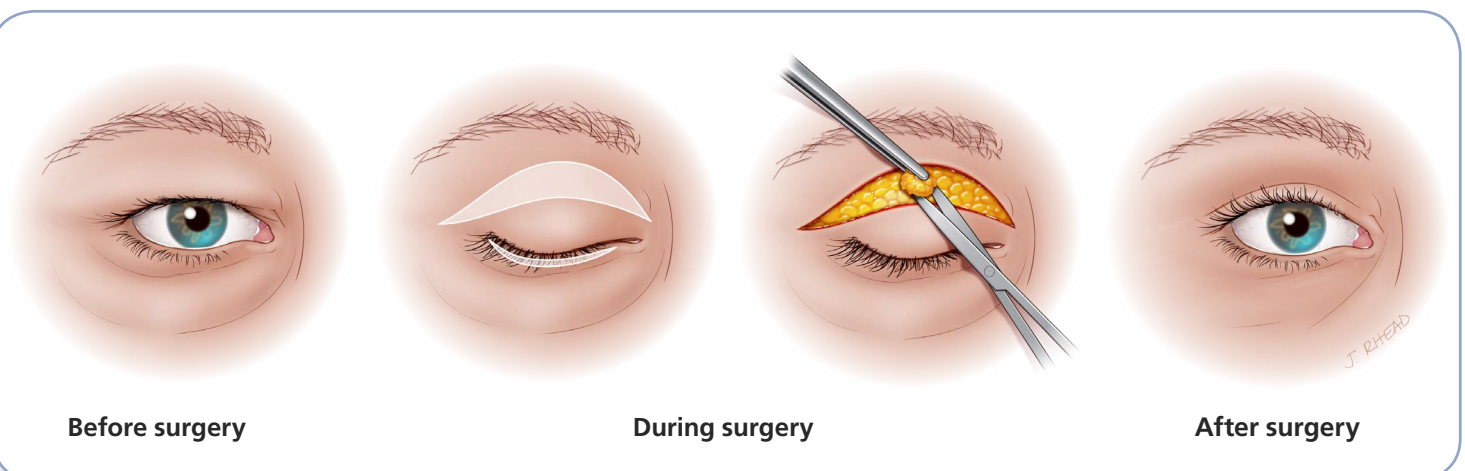
Have these items ready to help with your recovery:

- Cold compresses (freezer bags filled with ice, frozen corn or peas) wrapped in a soft towel. **Never put ice or frozen foods directly on the skin.**
- Clean washcloths and towels
- Small gauze pads
- Eye drops or artificial tears. Ask your doctor to recommend the type that's best for you.
- Over-the-counter painkillers. Ask your doctor to recommend the type that's best for you.

**During the first 72 hours (3 days):** Apply lubricating ointment on your eyelids 3 times a day. Put small cold packs on your eyelids for 20 minutes throughout the day, removing it for 20 minutes between applications. Keep your head propped up on pillows so that it's higher than your heart.

**During the next 72 hours:** Follow each 20-minute cold pack with a warm pack for 20 minutes at a time, 2 times a day. You may also cover your eyes loosely with gauze.

Go to your follow-up appointment to remove the stitches. This will help reduce scarring.



Before surgery

During surgery

After surgery

## Medicines

Take prescribed pain medicine only as directed by your doctor. Pain medicines can cause constipation. You may need to take a stool softener or mild laxative.

Don't drive while taking opioid pain medicines. Ask someone to drive you to your appointments, if needed.

## Food

You may feel sick to your stomach after surgery. This is common. Start with eating soft, light foods. You can add foods as you start to feel better.

Eat a light, well-balanced diet. Your body needs lots of vitamins and minerals from vegetables and fruits to heal well.

Keep well hydrated by drinking plenty of fluids.

## Activity

- Get plenty of rest.
- Daily walks are recommended to help you heal faster.
- Care for your incisions as directed by your doctor.
- Follow the directions on when you can bathe or shower. You will learn in the hospital how to bathe without getting your incisions wet.



### *When should I call my doctor?*

Contact your doctor right away if you have any of the following:

- Swelling at the incision site
- Bleeding at the incision site
- Warmth, redness, or tenderness at the incision site that gets worse
- Dry eyes that last longer than 2 weeks
- Fever above 101.5°F (38.5°C)



### *Questions for my doctor*

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