

Postoperative Instructions – Blepharoplasty, Eyelid Surgery

Maximize your cosmetic results after upper or lower eyelid surgery by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

General

- Numbness in the eyelid, cheek, and eyebrow is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days.
- No herbal medications, supplements, or teas.
 - Herbs with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

Diet

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink.
- Drink plenty of fluids
- No gum chewing

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, or strenuous activity for at least 2 weeks
- Do NOT wear contact lenses for at least 2 weeks

Wound Care

- Small amounts of blood from wound is normal
- Keep clean ice-packs, wrapped in a clean cloth, over the area for the first 48 hours. Try to keep the ice on as much as possible while awake to help reduce swelling.
- Avoid getting area wet for first 48 hours.
- Keep the incision dry. You may wash the area with a mild soap and luke warm water *after* 48 hours. Do NOT soak area in water, or leave wet dressing against wound.
- Gently pat area dry with clean towel. *Do NOT rub.*
- Gently wash incisions with full strength hydrogen peroxide on a cotton-tip applicator two times a day, only for the first 48 hours after surgery
- Place *Bacitracin* ointment via a cotton-tip applicator on the incisions after each hydrogen peroxide wash for the first 48 hours, then switch to plain petrolatum (Vaseline). *Do not use any other creams/lotions.*
- Perform eye squinting exercises continuously 10 times every hour while awake

Houtan Chaboki, MD
Facial Plastic and Reconstructive Surgeon
www.potomacplasticsurgery.com

2021 K Street, NW, Suite 206
Washington, DC 20006
202.741.3409

Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.