



Advocate Medical Group

Willard S. Noyes, M.D., FACS
Thomas C. Kelly, M.D.
Mark L. Hancer, PA-C

ENT Surgical Associates of Central Illinois
207 Landmark Drive, Suite A
Normal, IL 61761
(309) 268-3200

Post-Op Instructions Blepharoplasty

After a Blepharoplasty a lubricating ointment may be applied to protect your eyes and prevent dryness. The ointment often may cause temporary blurred vision. Your incisions will be red and visible at first and your eyelids may be puffy and feel numb for several days. Swelling and bruising, similar to having “black eyes” will likely last a week or more. Ice packs or cold compresses may be applied to your eyes to help reduce swelling. The ice pack/cold compress should only be applied for 5 minutes on and 5 minutes off so as not to damage the tissue of your eyes.

Pain is usually minimal. You may be given a pain reliever, such as acetaminophen, for mild discomfort, but remember to avoid aspirin, Ibuprofen (Advil, Motrin, etc.), other NSAIDs and herbal supplements that may increase bleeding.

If stitches were used, they will be removed at your follow up appointment.

Please use the following precautions for a week after surgery, unless advised otherwise by your doctor:

- Don't lift anything weighing more than 20 pounds.
- Avoid swimming.
- Avoid strenuous activities, such as aerobics and jogging.
- Sleep with your head elevated or sleep in a recliner.
- Follow your doctor's instructions for cleaning your eyes and using eyedrops.

Seek medical attention immediately if you experience shortness of breath, chest pains, an unusual heart rate, new pain, sudden eye swelling, bleeding or visual disturbance.

Please call our office with any questions or problems at 309-268-3200.