



Blepharoplasty (eyelid surgery) Aftercare Instructions

Recovery timeline

•Week 1-2:

You may experience significant swelling, bruising, and discomfort in your eyelids. You may also have blurry vision due to the antibiotic ointment applied to your eyes. You should use ice packs and medication as directed by your surgeon to reduce the inflammation and pain. You may also have bandages, splints, or drains on your eyelids to protect the incisions and prevent bleeding. You should follow a soft or liquid diet and avoid chewing, talking, or smiling excessively. You should also avoid any strenuous activities, such as sports or exercise.

•Weeks 3-4:

You will notice an improvement in your swelling and mobility. You can transition to easier-to-eat foods and resume your daily activities, such as work or school. You should still avoid any strenuous activities, such as sports or exercise. Weeks 5-6: You will have much less swelling and soreness in your eyelids. You can resume your regular diet and exercise routine. You should still avoid any contact sports or activities that may injure your eyelids.

•Weeks 6-8:

You will have almost complete recovery from your blepharoplasty. Your swelling and bruising will be mostly gone. Your eyelids will be healed and stable.

Medications

- Use antibiotic eye ointment or drops as prescribed for 1 week to prevent infection.
- Take over-the-counter pain medication like acetaminophen or ibuprofen for discomfort.
- Apply prescribed antibiotic ointment on incisions 2x daily for 1 week after all sutures are removed.

Diet

- No special dietary restrictions.
- Drink plenty of fluids and eat a balanced diet for optimal healing.

Activity Restrictions

- Avoid bending over or any strenuous activity for 10-14 days. This can increase swelling.
- Sleep with your head elevated on pillows for 1 week to minimize swelling.
- Avoid getting water in your eyes or rubbing/touching your eyes for 1 week.
- Do not wear eye makeup or contacts until approved by the surgeon, usually around 2 weeks.
- Avoid direct sunlight on incisions by wearing sunglasses for 6 weeks.

Incision Care

- Apply cool compresses regularly for 72 hours to minimize swelling.
- Keep incisions clean and dry. Watch for signs of infection.
- Use prescribed eye drops to lubricate eyes 4-6 times a day for 2 weeks.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

