

## Post Operative Advice Blepharoplasty

- When you return from theatre you will have a small dressing over your eyelids and you may be aware of long suture at each end of the suture line, do not touch these, they will be removed in around 1 weeks time.
- Keep wounds dry until sutures are removed.
- If your eyes become irritated, cleanse with cotton wool and saline and use artificial tears as required.
- Avoid bending over, sneezing and any strenuous activities until otherwise instructed.
- You may experience some bruising and swelling, this varies greatly between individuals and will resolve between 4-6 weeks.
- Keep your head elevated on 2 pillows when lying down. This helps to reduce any swelling of the operative area.
- Avoid exposure to sunlight. Use sunblock daily.
- Avoid wearing makeup in the area until following your next appointment.
- Follow up appointments will be made for one week, six weeks and then six months.
- If you experience pain, take Panadol or Panadeine. If this does not provide adequate relief, please notify us.
- Report any excessive discomfort, bleeding, visual change or if you have any questions regarding your recovery, please contact the Brighton rooms of A/Prof Coombs on 03 9591 0714.

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