

After Eyelid Surgery (Blepharoplasty)

Patient information leaflet — aftercare instructions

The first 48 hours: cold compresses

Cold is what limits bruising, and the first two days are when it matters. Apply a cold pack wrapped in a clean cloth for 10–15 minutes every hour while you are awake. Rest it gently on the closed lids — no pressure. Swelling peaks at around 48 hours; this is expected.

Position

Sleep on your back with your head raised on two pillows for the first three to four nights. Lying flat or on your side allows fluid to collect in the lids overnight, which is why swelling looks worse in the morning.

Ointment, drops and cleaning

- Apply a thin film of the antibiotic ointment along the incision two to three times daily for about a week.
- If the lids do not close fully at first, use lubricating drops during the day and ointment at night to protect the surface.
- Clean the lashes gently with cooled boiled water on cotton wool. Do not scrub, soak or pick at the wound.
- Take simple painkillers such as paracetamol if needed. Avoid aspirin and anti-inflammatory painkillers unless they are prescribed for you.

Days five to seven

Stitches are removed at five to seven days. This takes a couple of minutes and is not painful. Bruising fades from this point and usually looks considerably better by day ten.

Weeks two to four

- No strenuous exercise, heavy lifting, bending forwards, swimming or saunas for two weeks — all raise pressure around the eyes.
- Leave contact lenses out for about two weeks.
- Eye make-up can usually be resumed at two weeks.
- Most people feel comfortable in company within ten to fourteen days.
- Flying is generally fine after about a week; cabin air is dry, so carry lubricating drops.

Scars and sun

The incision sits within the natural crease of the lid and fades to near-invisibility over three to six months. Ultraviolet light darkens a fresh scar, so wear sunglasses and protect the area from strong sun. Gentle massage along the crease may be advised from around three weeks. The final contour is assessed at three to six months rather than earlier.

Contact the clinic immediately if you develop

- Severe or increasing pain
- Rapidly worsening swelling with a feeling of tightness or pressure
- Sudden loss of vision, or double vision
- Heavy or persistent bleeding from the wound

These are general instructions. Any specific advice given to you after your operation takes precedence. Reviewed by Dr. Aysun Yucel Gencoglu, MD, FEBO, FICO.

Notes for you from today's consultation