



POST OPERATIVE CARE BLEPHAROPLASTY

DR WILLIAM MOONEY MBBS FRACS
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POST OPERATIVE CARE INSTRUCTIONS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain.
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery.

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:

Bankstown: 02 9796 7007

Marrickville: 02 9569 7055

Bondi: 02 9387 6622

Darwin: 08 8981 7318

Further information can be obtained from:

www.drwilliammooney.com.au

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- Eyelid surgery is not a painful operation. However there may be discomfort because of the tightness and swelling from the incisions.
- You will not have any bandages or dressings on your eyes. You may have a small piece of tape at the corners of your eyes to hold the sutures in place. Leave this tape in place.
- Bruising will be apparent around your eyes for at least a week, sometimes longer. To minimize bruising and swelling, avoid Aspirin and similar pain killers for 3 weeks pre-op and two weeks post-op. Uneven swelling is normal. Your swelling may increase during the first 48

hours after surgery; it will gradually subside thereafter. You may notice an increase in swelling in the morning-this will also slowly subside as the day progresses.

- Residual bruising can be covered with eye make up once your stitches are removed in 2 to 5 days after surgery. Once the stitches are out, the swelling and discoloration around your eyes will start to gradually subside and you will start to feel much better.
- For the first few weeks your scars may be pink and slightly thickened. This will settle.
- You may experience a slight temporary drying of the eyes,

use lubricating eye drops to prevent the eye drying out.

- Excessive tearing, sensitivity to bright light, blurred vision or double vision may occur for a short period of time during the first few weeks after surgery.
- There may be a temporary downward or forward displacement of the lower lid. This is a result of swelling or poor muscle tone. It improves by gentle massage or exercise when the swelling is dispersed and the muscle tone returns to normal.
- Redness of the eyeball may occur and is a result of the bruising of the soft tissue around the eye. It is harmless and painless.

TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and try to keep your head elevated at all times. Do not lean over. Try to sleep with your head up using 3 to 4 pillows—your posture should be at a 45 degree angle for at least 7 days.
- Apply gauze soaked in ice water to your eyes during the first afternoon/evening after surgery (reapplying as the gauze becomes warm). After several days crush ice placed in a soft washcloth that has been moistened in cold water and lay it across the eyes.

- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only.
- Do not rub your eyes. Protect your face from sunburn and accidental knocks for at least 8 weeks. You may shower — but not too hot please and keep the eye area dry in the first 7 days.
- Watching a lot of television or reading/work that is done in close range may cause your eyes to feel over tired for the

first few days and should be avoided.

- Avoid wearing contact lenses for at least 2 weeks. Wear dark glasses when you are outside, you may be more sensitive to sunlight, wind & irritants than usual.
- Do not drive for the first 24 hours after surgery or if you are taking prescription pain medication or if your vision is blurry or not clear at all.
- Do not tweeze your eyebrows for 2 weeks.