

Post Operative Advice Sheet Lower Lid Blepharoplasty

Days Post-Operatively	Post-Op Care
Days 1-5	<ol style="list-style-type: none"> 1. Avoid any activity that would increase Blood Pressure including vigorous walking and avoid stooping and lowering the head. 2. Apply Viscotears eye lubricant 3 times daily 3. Apply Acular ointment 3 times daily 4. Squint eyes for 10 repetitions 4 times per day 5. Minimise the amount of television or computer use to avoid eyes drying out
After Suture Removal to 1st Outpatient Review	<ol style="list-style-type: none"> 1. Continue to apply Viscotears eye ointment 3 times a day 2. Continue squinting exercises (10 repetitions 4 times per day) 3. Use bland lubricant or Viscotears to aid fingertip massage and massage eyelids in upward and outward direction i.e. massaging towards the corners of the eye to prevent the eyelid dropping down 4. Apply paper tapes (steristrips) to the lower eyelid in an upward and outwards direction so as to push the lower eyelid in an upward direction. Do this only at night-time, when in the house before one goes to bed. NOTE: Remove the paper tape next day, Removing the tape from the lower lid first so as to pull upwards. It may be easier to avoid eye lubricant on the lower eyelid for a number of hours prior to applying the paper tapes at night, otherwise the paper tapes will not adhere to the skin
Physical Activity	After sutures are removed walking activity can be increased gradually over the first 4 weeks. At 2 weeks post-operatively stooping will be safe.
Contact Lenses	Contact lenses should not be worn after surgery as they will tend to dry the eyes and will tend to pull the eyelid down when trying to insert the contact lenses.
Lubricant Application	In general avoid pulling the eyelid down to apply lubricant and it is often easiest to look in a mirror and apply the drops directly into the white of the eye on sideward glance.