

Blepharoplasty

Post operative instructions

Before your operation

- Organise for a responsible adult to accompany you home after your operation and stay with you for the full 24 hours after your surgery.
- Plan to have approximately one week off work, however many patients find they are able to return to work a few days after their procedure

What to expect immediately after surgery

You can expect slight bleeding, mild pain and discomfort for a few days with mild swelling and bruising for up to 2 weeks.

Everyone recovers from their anaesthetic differently; but post operative nausea is a common side effect following general anaesthesia. If you are experiencing nausea we recommend eating light, small meals throughout the day. If nausea or vomiting is severe, please contact us.

What to expect for the first week post surgery

Constipation: Constipation is common following a general anaesthetic. To avoid constipation, ensure you drink plenty of fluids and foods containing fibre. If necessary, we recommend a gentle, laxative drink such as Movicol. This can be purchased from your chemist.

Pain relief: The majority of patients will experience mild pain following surgery. Pain should be manageable and will slowly ease over the course of your recovery. Your anaesthetist may provide you with pain medication, to be taken as directed.

If you have not been given a prescription, we recommend the use of Panadol or Panadol extra to manage any discomfort.

Do not take aspirin for at least 10 days following surgery as this can increase the risk of bleeding. If your pain is severe and does not subside with pain medication, please contact us

Positioning: For the first week following your procedure, we advise that you sleep on your back, elevation of the upper half of your body with 1 or 2 pillows will help reduce swelling and is generally a more comfortable position following your procedure.

Driving: You are not to drive or operate machinery for 24 hours post surgery. You can drive when you can turn and look over your shoulder comfortably, which is usually after about one week.