

RECOVERY GUIDE**Blepharoplasty Recovery Guide**

Congratulations on your procedure. Blepharoplasty rejuvenates the upper and/or lower eyelids by removing excess skin, fat, and muscle. Careful adherence to these instructions is essential for a safe recovery and the best possible aesthetic result.



Patient Guides

48hCOLD COMPRESSES
POST-SURGERY**7–10**DAYS TO SUTURE
REMOVAL**2wk**BEFORE LIGHT
ACTIVITY RESUMES**3–6mo**FULL
FINAL RESULT**RECOVERY TIMELINE****DAY OF SURGERY — FIRST 24 HOURS**

- Rest with head elevated 30–45° — use 2–3 pillows or a recliner
- Apply cold compresses 10–15 min every hour while awake
- Expect swelling, bruising, and mild tearing — entirely normal
- Do not drive; arrange a companion to take you home
- Take prescribed pain medication as needed

DAYS 2–5 — EARLY HEALING

- Continue cold compresses 48 h; then switch to warm compresses
- Gently clean lids with saline or diluted baby shampoo
- Apply prescribed antibiotic ointment to incision lines
- Use prescribed lubricating drops for dryness and irritation
- Peak swelling on day 2–3, then gradually resolves

DAYS 7–10 — SUTURE REMOVAL

- Sutures removed at your follow-up visit (~day 7–10)
- Return to light desk work and social activities
- Avoid heavy lifting, bending forward, or straining
- Wear dark sunglasses outdoors

WEEKS 2–6 — PROGRESSIVE RECOVERY

- Most bruising and swelling resolved by week 2–3
- Light exercise after 2 weeks; strenuous after 4–6 weeks
- Apply SPF 30+ sunscreen to incision areas once healed
- Final results in 3–6 months as scars fully soften

TREATMENT INFORMATION

DO'S

Keep head elevated, especially during sleep (first week). Use all prescribed drops and ointment on schedule. Wear sunglasses outdoors throughout recovery. Sleep on your back to minimize eyelid swelling. Attend all scheduled follow-up appointments

AVOID

Rubbing or touching your eyes. Contact lenses or eye makeup for 2 weeks. Swimming, hot tubs, or saunas for 4 weeks. Aspirin, ibuprofen, or blood thinners unless medically necessary. Strenuous exercise for 4–6 weeks

CONTACT US IMMEDIATELY IF

Sudden or worsening vision changes. Increasing pain, redness, or swelling after day 3. Signs of infection: fever, pus, warmth at incision site. Inability to fully close your eyelids. Bleeding that does not stop with gentle pressure