

David Lam

Consultant Plastic Surgeon

BLEPHAROPLASTY (Eyebag Removal)

Patients of Mr. D.Lam

POST OPERATIVE INSTRUCTIONS:

- 1) You must not drive for 24hrs. Rest propped up for the first 7 days.
- 2) In the week following surgery if you need to take painkillers take Paracetamol or codeine. Avoid taking Aspirin or painkillers containing Aspirin as they might encourage bleeding.
- 3) Swelling and bruising will be more severe for the first 24/48 hours and can take 2/3 weeks to settle. This may prevent the eyelids completely closing, especially at night. A dried-out eye will give symptoms of itchiness, feeling like something is in the eye. Using the eye ointment blinked in via the lower eyelid at night will prevent this. It is greasy however and vision may become blurred!
- 4) You may clean your eyes with cooled, boiled water daily before and after suture removal. Sutures are usually removed around the 5th to 7th postoperative day.
- 5) Apply antibiotic ointment given twice daily into the eye if dryness/itchiness present.
- 6) You may experience dry or watery eyes post-operatively.
- 7) Apply cold compresses, for periods of 10 to 15 minutes to the eyelids (blinking) helps to reduce swelling.

8) Avoid strenuous activity or any activity that will raise the blood pressure. Provided you can see safely, then driving is allowed.

9) Gentle massage to the eyelid area and screwing up the eyes a few times daily is also helpful after two weeks especially with lower eyelid surgery. Minor asymmetry is absolutely normal and this will settle as the tone of the eyelid recovers

10) You may apply make-up after the 14th post-operative day. Remove all make-up thoroughly after each use.

11) If you experience undue pain or unusual swelling, bleeding or discharge from the wounds, or fever, you must inform the Hospital.

12) You are advised not to do any of the following for 6 weeks postoperatively: Strenuous exercise, swimming or direct sunlight to the eyes.

13) No creams or oils to be applied to wounds post-operatively for two weeks.