

BLEPHAROPLASTY AFTERCARE

Today you have had laser resurfacing and/or a trichloroacetic acid (TCA) peel. Even though the treatments differ slightly, we have combined this aftercare sheet to simplify your home care.

After discharge from this centre, you should go home and rest. You must be accompanied home by a responsible adult, and must have someone with you for the remainder of the day and overnight.

Even if you feel normal, your reaction time will be slower after receiving sedation drugs.

It is normal to feel slightly sleepy or dizzy during the first 24 hours, so:

- Do not drive a car or catch public transport
- Do not drink alcohol
- Do not operate hazardous machinery
- Do not travel alone
- Do not make important decisions or sign important documents

Do not engage in strenuous activities, including heavy lifting or sport.

WHAT TO EXPECT IMMEDIATELY AFTER THE OPERATION:

SWELLING and BRUISING:

The eye area will be swollen and bruised for 7-10 days, gradually subsiding, so that within a fortnight to a month, you will be completely back to your new self. To help reduce the swelling and bruising apply ice packs to the eye area. (Frozen peas made up into little bags are good, as they are not heavy and mould to the area.) This is most important in the first 12 to 24 hours and can be continued for 3 to 4 days post operatively.

STITCHES:

These are usually dissolvable and will dissolve within approximately 2 weeks. In most cases however we try to remove them 5 to 7 days after the procedure.

SCARRING:

This is rare on the eyelid, as the skin generally heals very well. Any scar will fade over time and will disappear into the creases of the eyelid.

WHAT TO DO AFTER SURGERY:

There is very little restriction on your activities and from the third day you may go outdoors wearing sunglasses. Avoid strenuous exercise for two weeks. Don't drive for a few days, allowing the swelling to subside. Wait until stitches dissolve, or two weeks before using eye make up.

Avoid sudden head movements eg. sneezing, coughing, excessive laughing or bending down to the ground, for a couple of days. This could cause bleeding.

BLEEDING

Is usually rare, but can be increased with sudden head movements e.g. excessive laughing, bending down to ground sneezing and coughing. Try to avoid these activities for a few days and rest. If there are any signs of excessive bleeding please call the surgery or your local Doctor. There have been reports of blindness due to bleeding but this is very rare.

INFECTION:

There is always the risk with any surgery, but this is very rare today. Antibiotics are given as a precaution and avoid eye make up for two weeks.

ASYMMETRY:

Many people have asymmetrical eyelids before surgery. We try to make the eyelids look as best as possible. Healing time is very individual. One eyelid may swell more than the other. Do not be too worried but wait until the swelling and bruising has totally subsided. After two weeks usually your appearance is socially accepted, but wait three to four weeks for total swelling to subside.

VISION IMPAIRMENT:

If vision feels impaired, it is only due to swelling and bruising and will return to normal in a few days. The eyes are not touched during surgery, only the skin and fatty tissue around the eye.

FOLLOW UP

You will be reviewed in five or six days when you have your stitches removed or after two weeks if stitches are dissolvable, and also one month later. If you have any problems and are unable to contact your surgeon, contact your general practitioner.

We hope this information will help, and that you have a speedy recovery.

Should you have any problems or queries whatsoever call us at the Aesthetic Surgery Centre on 8347 4416.

If for some reason, you are unable to contact us, then please call your General Practitioner.