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Post-Operative Instructions for Blepharoplasty

1. Take your medication(s) as prescribed
2. Expect a small to moderate amount of pain, tenderness, swelling and bruising
 - i. It is not unusual for one eye to be slightly more swollen or bruised than the other
3. If there is any increase in pain or change in vision, contact the office immediately
4. Smoking may delay the healing process
 - i. If you smoke, reduce the amount as much as possible (or better yet, quit) for at least 2 weeks before and 2 weeks after surgery
5. At night and when resting, elevate your head with an extra pillow or two
6. Apply cold compresses to the eyes for 15 to 30 minutes every 2 hours for the first 48 hours
 - i. Soak gauze sponges in ice water, lightly wring out, and rest them on the eyes
7. During the first week, the majority of your time should be spent relaxing, although some leisurely walking is permitted
8. You may wash your face gently on the second post-operative day and daily thereafter
9. Do not use any eye make up or wear contact lenses for the first 10 days post-op
10. Leave the small paper tapes in place until the first post-operative visit
11. Return in 5 to 7 days for inspection of the surgical site(s) and suture removal
12. Light activities and more walking are permitted at this time (i.e. 5 to 7 days post-op)
13. Return in another 2 weeks for a follow-up visit
14. Normal activities are permitted at this time (i.e. 3 weeks post-op)

IF YOU HAVE ANY CONCERNS AT ALL, PLEASE CONTACT THE OFFICE