

WestLake



Dr. Robert Caridi
PLASTIC SURGERY

EYE LIFT (BLEPHAROPLASTY)

PRE-OPERATIVE INSTRUCTIONS

- ❖ Do not wear any makeup, facial lotions, or creams on your face the day of surgery.
- ❖ If you wear contact lenses, bring your glasses and a contact lens case with you on the day of your procedure. You should not wear your contact lenses for at least 1 week after your procedure.

POST-OPERATIVE INSTRUCTIONS

- ❖ Bruising and swelling around the eyes is normal after surgery. The bruising will begin to fade within a few days, but can persist for up to 2 weeks. All swelling may take up to 6 months to subside.
- ❖ Apply icepacks to your eyelids for the first 48 hours.
- ❖ Use Lacri-Lube in your eyes for naps and nighttime and moisturizing eye drops during the day as needed.
- ❖ You may shower the day after surgery.
- ❖ Sleep on your back with your head elevated for the first week.
- ❖ Your sutures will be removed within the first week after surgery.
- ❖ You can wear eye shadow on your eyelids when your incisions have completely healed, usually 7-10 days after the procedure.
- ❖ Avoid strenuous activities, bending over and heavy lifting for a minimum of 2 weeks after surgery.