

**THE GEORGIA CENTER**  
FACIAL PLASTIC SURGERY & LASER AESTHETICS  
613 PONDER PLACE DRIVE  
EVANS, GEORGIA 30809  
706.210.2625

**ACHIH H. CHEN, MD, FAACS, FACS**

**During Office Hours:  
Monday through Friday 9AM–5PM  
706.210.2625**

**After Office Hours:  
Dr. Chen's cell phone  
706.267-5542**

**BLEPHAROPLASTY POST OPERATIVE INSTRUCTIONS**

- **ICE:** Ice packs or iced sponges help tremendously after eyelid surgery. A bowl of ice cubes and several sponges at the bedside can soothe sore areas during the first day or so. It is more important to sleep than to have ice on your eyelids, so don't stay up in order to ice. When you awaken, apply some ice for a few minutes before going back to sleep.
- **POSITION:** Keep the head elevated to reduce swelling.
- **BLEEDING AND CLOTTED BLOOD:** If you bleed from one of the suture lines, apply pressure with a sponge for 10-20 minutes, and it will usually stop. If dried or clotted blood is stuck in the sutures or along the suture line, we advise gentle cleansing with 50/50 peroxide and water.
- **SUTURES:** Dr. Chen will remove the sutures 5-7 days after surgery.
- **SUNSCREEN AND MAKEUP:** After the sutures have been removed, use a sunscreen with a skin-protection factor (SPF) of at least 15 on your eyelids when outside, and continue to do so for at least 6 months after surgery. You may apply makeup in addition to sunscreen on your eyelids the day after the sutures are removed.
- **ACTIVITIES:** Most people feel nearly normal within a day or two after eyelid surgery (except for eyelid itself). You can return to work as desired, provided your job does not involve any heavy lifting or straining. Do not do aerobic or heavy exercise for at least 3 weeks after surgery in order to avoid excessive swelling or bleeding.

**LONG TERM POSTOPERATIVE INSTRUCTIONS**

**ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 2 weeks after surgery. This is to avoid bleeding, bruising/and swelling. Do not resume strenuous exercise for 3 to 4 weeks. Dr. Chen will give you clearance to increase your activities according to the progress of your recovery.

**DRIVING:** You may resume driving when you feel you are able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes.

**SUN EXPOSURE:** If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb—you might not feel sunburn developing.

**WORK:** Follow whatever plans you and Dr. Chen have agreed upon.