



Eyelift / Blepharoplasty
After Care Instructions

- After surgery, elevate your head and shoulders on 2 or more pillows. Avoid bending forward at the neck for the first week.
- Avoid straining of any kind for the first 48 hours. When awake in bed please flex your feet and legs 3-4 times every hour.
- **Notify Dr. Sorokin immediately if eye pain suddenly worsens or with any change of vision.**
- Apply a surgical gauze pad with crushed ice to your eyelids as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- You can expect swelling of the face and eyes after surgery. If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication call Dr. Sorokin at 856-797-0202.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- DO NOT SMOKE. This is very important.
- Avoid turning your head to either side as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk).
- All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor