



INCISION CARE: Clean visible, external incisions twice a day with a Q-tip soaked in water (bottled water or tap water is fine) to remove any crust or scabs. Apply a thin layer of Erythromycin antibiotic ointment with a Q-tip twice daily, and as needed to keep incisions moist. Continue until sutures have been dissolved or removed. Following suture removal, it is important to know that your incisions are still healing. To prevent re-opening, do not rub, scratch, pull, or apply pressure to any of the surrounding skin. Do not apply scar gel or makeup to your incisions until they are fully healed, around 10-14 days. For the first year after surgery, use a broad-spectrum SPF 30+ sunscreen containing zinc oxide.

*No cleaning is required for transconjunctival, lower blepharoplasty as the incision is inside the eyelid. For this surgery, you will carefully apply ointment inside the lower eyelid as instructed. Erythromycin application needs to be continued until sutures have been removed or dissolved.

EYE DROPS/LUBRICATION: Dryness is a common side effect that should be resolved with time. Use eye drops generously throughout the day to moisturize and avoid further complications. In the first few days, swelling may cause your eyes to remain slightly open while sleeping. To keep the surface of your eye protected and lubricated throughout the night, apply a layer of the Erythromycin ointment or nighttime lubricating drops into your eyes. Avoid any contact with the applicator tip. The ointment is thick and may cause blurriness.

COLD COMPRESS: **Keep cold, wet compresses on eyes as much as possible** for the first 48-72 hours after surgery to help reduce swelling and promote proper healing of incisions. Submerge gauze or oval eye pads into ice water and apply to the eyelids for 20 min on/20 minutes off.

ADDITIONAL EXPECTATIONS: Sensitivity to light, dry eyes, and eye fatigue are normal side effects in the beginning. Avoid staring at your phone or computer screen for long periods of time and use saline eye drops frequently. Dim the lights as needed and wear sunglasses while outside.