DR AFSHIN YOUSEFPOUR
Chirurgie Plastic du Visage
Chirurgie Maxillo-Faciale

Aftercare following blepharoplasty

These instructions guide you through the weeks after upper or lower eyelid surgery. They help you limit swelling, protect your eyes and recognise the rare signs that need an immediate response. They complement the personalised protocol Dr Yousefpour gives you.

What is normal

- Swelling and bruising that peak between 48 and 72 hours, sometimes more on one side and sometimes spreading down to the cheeks. They usually fade within 7 to 15 days.
- Slight oozing from the incisions for the first 1 to 2 days.
- Watery eyes, sensitivity to light and dry eyes, temporarily.
- Eyes that do not close completely for the first few days.
- Slightly blurred vision after putting ointment in the eye.
- A feeling of tightness in the eyelids, with little pain.

After surgery, step by step

When	What to do
The first 48 hours	Cold compresses for 20 minutes every waking hour: a bag of frozen peas, a cold gel pack or gauze soaked in iced water, always with a thin cloth between the cold and the skin. Stop the cold after 48 hours.
The first week	Keep your head raised, day and night (two pillows). Do not sleep face down. Do not rub your eyes.
Until the stitches are removed	Apply the prescribed ointment to the incisions twice a day with a cotton bud, unless they are covered with small adhesive strips. Artificial tears 3 to 4 times a day, or ointment in the eye at night if prescribed. Do not pick the scabs.
For pain	Simple painkillers (paracetamol) as prescribed. No aspirin or ibuprofen without agreement, as they increase bleeding. Restart any anticoagulant only according to the protocol you are given.
After 24 hours	You may shower. Keep water and soap off the incisions; wash your hair with your head tilted back.
After 48 hours	You may drive again if you can see well and are no longer taking a sedative. Reading and screens are fine with breaks, using artificial tears if your eyes feel dry.
For 1 week	Do not bend over or lift heavy loads, and avoid sport or any effort that raises blood pressure. Walking is fine from day 3. Avoid dust; wear large sunglasses outdoors.

When	What to do
Around day 6 to 7	Stitches removed at the practice. Sunglasses hide any remaining bruising; time away from social life is usually 7 to 10 days.
After 10 to 14 days	Contact lenses are possible, not before 10 days. Eye make-up is possible after 2 weeks, once the incisions are well closed.
After 2 to 3 weeks	Gradual return to intense sport, swimming, sauna and steam room.
Six weeks	Follow-up at the practice: the result is near-final. The scar continues to mature between three and six months.

Contact Dr Yousefpour the same day if

- you have a fever, or yellow or green discharge from an incision;
- swelling, redness or pain increase after day 3 instead of easing;
- an incision opens;
- an eye becomes red and painful with discharge, or stays very irritated despite artificial tears;
- you are coughing or vomiting a lot, as this strain increases bleeding.

In the following weeks and months

- The scar stays pink for a few weeks, then fades. Protect it from the sun.
- Slight asymmetry may be visible while the swelling settles; it is assessed from six weeks.
- If you would like crow’s feet treated with botulinum toxin, the session takes place 6 weeks after blepharoplasty.
- Final healing is reached at 12 to 18 months: no touch-up is considered before then.

Before surgery

- Stop smoking, which slows healing.
- Tell us about all your medicines and supplements. Aspirin, anticoagulants and antiplatelet medicines are stopped only according to the protocol you are given and with the agreement of the doctor who prescribed them.
- If you have high blood pressure, take your treatment as usual: well-controlled blood pressure lowers the risk of bleeding.
- Arrange for someone to take you home, and have cold compresses or frozen peas, pillows and sunglasses ready.
- Plan your time off: purely cosmetic blepharoplasty does not entitle you to a sick note.

Emergency: go to the emergency department immediately if

Bleeding behind the eye is exceptional, but it threatens sight and must be treated within two hours. It usually occurs within the first 24 hours.

- Severe, increasing pain in or behind the eye, on one side.
- An eye that bulges, very tight and hard eyelids, or being unable to open the eye.
- Reduced vision, blurred vision that does not clear when you blink, or double vision.
- Nausea or vomiting together with eye pain.
- Bleeding that does not stop despite 10 minutes of firm pressure with a gauze pad.

Call 112 or go to the emergency department without waiting for a reply from Dr Yousefpour on WhatsApp, then let him know as soon as possible.

These instructions are general information. The personalised protocol Dr Yousefpour gives you at the practice always takes precedence. For non-urgent questions, message Dr Yousefpour on WhatsApp.

Contact

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WhatsApp message to Dr Yousefpour: +32 491 07 04 32
In an emergency: 112
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