



# Blepharoplasty

## Post-Operative Instructions

### Sutures

The incisions are closed with dissolvable sutures that do not require removal. They are hidden under the skin and will dissolve naturally over 4 weeks, when the incision is strong enough to support itself.

### Dressings

Steri-Strips are used only at the corner of the incision, so the remainder of the incision is dressing free. You should avoid washing the eyes until the Steri-Strips are removed in clinic, approximately 5 days following the procedure. Thereafter, you can wash your face as normal.

I recommend you avoid swimming, for 1 to 2 weeks after surgery.

### Medication

During your surgery I will use a local anaesthetic, but when this wears off you will need additional analgesia in the form of Tylenol and Ibuprofen.

As there is a low risk of infection following your procedure, you should not require any antibiotics.

### Scar advice

Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

### Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.



Anne Dancey  
PLASTIC SURGERY

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I normally see you in the clinic 2 weeks following your procedure.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent then please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

*Anne Dancey*

**Dr Anne Dancey**

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