



Postoperative Care and Precautions after Blepharoptosis Surgery

1. After the eyelid surgery, the tissue around the eyes may become swollen. Within three days after the surgery, use ice packs for 20 minutes at a time, with a 20-minute break in between. Make sure to place a layer of cloth between the ice pack and your skin to avoid frostbite.
2. Do not get the incision area wet on the day of the surgery. When washing your face, use boiled water or saline solution and gently wipe the area with a wet cloth. You can resume washing your face normally after about seven days.
3. Slight bleeding and a feeling of foreign objects in the eyes are normal after the surgery. The incision area may itch when it is healing. You can use a cotton swab to gently scratch the itchy area, but do not rub your eyes.
4. Do not wear contact lenses for two to three weeks after the surgery, unless there are special circumstances that require you to wear them earlier.
5. Avoid bending down and rubbing the incision area for a long time to prevent it from tearing. Avoid intense physical activity such as weightlifting and aerial yoga for a month after the surgery.
6. Patients may experience temporary difficulty in fully closing their eyes when sleeping after the surgery, and it is recommended to cover their eyes with sterile gauze before sleeping to protect the cornea. This condition should improve within a month.
7. Eyelid swelling may subside within one to two weeks, but it may take two to three months for a full recovery. It is important to have patience as recovery time may vary depending on individual health conditions.
8. For patients who only undergo eyelid surgery on one side, there is a 17% or



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higher chance that the normal eye on the other side may droop slightly due to compensatory responses.

9. The success rate of the surgery is about 90%, but it may vary depending on individual health conditions.