

# **TRIFECTA BLEPHAROPLASTY POST-OPERATIVE AFTERCARE SHEET**

## **Upper and lower eyelid surgery with skin tightening (CO2 laser or skin pinch) under local anaesthetic**

### **THANK YOU FOR UNDERGOING TRIFECTA BLEPHAROPLASTY.**

This combined procedure involves upper and lower eyelid surgery alongside a skin-tightening treatment, such as CO2 laser resurfacing or skin pinch excision. Please follow these aftercare instructions carefully to ensure a safe, smooth recovery and optimal results.

### **1. WHAT TO EXPECT AFTER SURGERY**

- Swelling and bruising are common for 7-14 days and typically peak within 48 hours
- Tightness, heaviness, and mild discomfort around the eyes is normal
- Dry, gritty, or watery eyes may occur, especially with laser resurfacing
- Blurred vision can result temporarily from ointments or swelling
- If CO2 laser was used, the skin may feel sunburned, appear red or crusty, and begin to peel

### **2. WOUND & SKIN CARE**

- Do not rub, touch, or stretch the skin around the eyes
- Apply prescribed eye ointments and/or laser recovery creams exactly as instructed
- Gently cleanse crusting using sterile saline or cool boiled water and gauze
- Do not use makeup or skincare products around the eyes until cleared by your surgeon (usually 10-14 days)
- If laser was used, do not pick at peeling or flaking skin – allow it to shed naturally

### **3. COLD COMPRESSES**

- Apply cold compresses or chilled gauze pads gently over closed eyes for the first 48 hours
- 10 minutes on, 10 minutes off
- Helps reduce swelling and discomfort

### **4. SLEEPING POSITION**

- Sleep on your back with your head elevated on 2-3 pillows for at least 7 nights
- Avoid side- or face-sleeping, which can increase pressure and swelling

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### **5. ACTIVITY RESTRICTIONS**

- No strenuous activity, heavy lifting, or exercise for 4 weeks
- Avoid bending over or putting your head below heart level in the first 10 days
- Refrain from long periods of screen time or reading during early recovery
- Do not drive until vision is fully clear and your surgeon confirms it is safe

### **6. SKIN PROTECTION**

- Avoid sun exposure for at least 6 weeks, especially after CO2 laser treatment
- Once healed, apply broad-spectrum SPF 50 around the eyes daily, even in cloudy weather
- Wear UV-protective sunglasses when outdoors to protect healing skin and reduce sensitivity

### **7. RECOVERY TIMELINE**

- Days 1-3: Peak swelling and bruising; apply cold compresses
- Days 4-7: Tightness may persist; bruising begins to fade
- Weeks 2-3: Scabs, flaking, or laser-treated areas begin to settle
- Week 3+: You may begin wearing makeup if cleared; swelling continues to reduce
- Month 3-6: Tissue settles; scars fade gradually
- Month 12: Final result visible – eyelid position, skin texture, and symmetry fully refined

### **8. RED FLAGS - CONTACT US IMMEDIATELY IF YOU EXPERIENCE:**

- Sudden or increasing eye pain
- Worsening redness, swelling, or heat around incisions
- Yellow or green discharge
- Vision changes (e.g., double vision, difficulty focusing)
- Persistent fever or chills
- Bleeding or wound separation

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### **9. FOLLOW-UP APPOINTMENTS**

- Attend all post-operative follow-ups as advised
- Your healing progress will be monitored closely
- If you have concerns between reviews, do not hesitate to contact us

### **CLINIC CONTACT DETAILS**

Phone: 0151 203 0020

Clinic: Cosmetic Surgery of the Royal Liver Building, Liverpool