

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