

Guidelines for Eyelid Care After Surgery

General Guidelines

- Avoid tap water in the eyes/eyelids
- Avoid touching the eyes/eyelids
- Clean eyelids as noted below before and after showering

Cleansing Techniques

- Use saline eye rinse to cleanse eyes/eyelids
 - ★ Saline can also help if there is debris on the surface of the eye.
- Use eyelid wipes to clean eyelids/face
 - ★ If you had an upper blepharoplasty, avoid wipes and hypochlorous acid on the sutures/incision line. Do not scrub or try to pick scabs off the sutures/incision line, and do not try to remove the marker on your lids. The sutures are very delicate and can break if you try to wipe or clean them.

Product Recommendations

These are two examples but other brands are okay to use.

- [OCuSOFT Original Lid Scrub Eyelid Cleanser, 30 CT](#)
- [Bausch + Lomb Eye Wash, 4.0 fl oz](#)

Other supplies to have:

- Artificial tears
- Tylenol or Extra Strength Tylenol