



LASE  COSMETIC

PATIENT AFTERCARE GUIDE
BLEPHAROPLASTY

FACE

BLEPHAROPLASTY

Your full, personalised advice will be given by your surgeon specific to your individual needs and you will receive written instructions prior to your surgery but here is a brief overview.

Can I go home the same day?

Yes, blepharoplasty is carried out as day case surgery and you will go home the same day.

When can I shower?

You can shower the day after your surgery. You should avoid the shower directly on your eyes for the first week.

Do I need to sleep on my back following surgery?

Yes, we recommend sleeping propped up with an extra pillow or a V pillow for the first week.

Will I have bruising and swelling?

Yes, it is normal to have bruising and swelling after blepharoplasty. This will have reduced significantly after the first week but there is likely to be some residual bruising and swelling which will settle over the next week or two. We provide you with cool pads and instructions to bathe your eyes at home to minimise swelling.

When are my dressings and sutures removed?

The sutures and any steri-strips will be removed at your 1-week follow-up appointment.

How long will it be before I see the final results?

Once the swelling and bruising have settled, your results will be evident after 1-2 weeks but there are further improvements as your scars fade and soften. Scars take up to 12-18 months to fully mature.

How long do I need to take off work?

We recommend at least 1 week off work.

Can I still exercise?

Any form of physical exercise and bending down should be avoided for the first 2 weeks.

Can I drive after surgery?

We suggest after your sutures are removed before you drive. Check with your car insurance that you are covered.

Who do I contact in an emergency?

We give our patients a direct number for your surgeon on discharge. You can use this if you are concerned about anything overnight. We give you a call the next day to check on you, and you can contact the clinic between your follow-up appointments.





IMPORTANT NOTICE

This aftercare guide provides general information to support your recovery following treatment at LASE Cosmetic. Every patient is different, and your clinical team will provide personalised guidance specific to your procedure, health, and circumstances.

Always follow the specific verbal and written instructions given to you by your consultant or practitioner. If there is any conflict between this guide and your personal aftercare instructions, follow your personal instructions and contact your LASE clinical team to clarify.

This document does not replace medical advice. If you are ever in doubt about your recovery, please contact us.