Recovery after Eyelid Rejuvenation Surgery

Comfortably Awake Eyelid Rejuvenation Surgery has an **unprecedented safety record** and allows the surgeon to effectively remove periorbital areas and remove excess skin and fat with little discomfort. Compared with general anesthesia, patients experience faster recovery and improved cosmetic results.

A. *First evening and the next day:*

1. You must have a **responsible adult** drive you home and stay with you the first 12 hours.
2. It is very important to **keep your feet up and the first 12 hours** after the procedure. Likewise, **rise gradually** – when standing from reclining position, first sit at the edge of the bed for 30 sec, then stand by the edge of the bed for 30 secs, then, if not lightheaded, proceed to walk.
3. It is also very important to **drink (healthy) fluids every 15 minutes the first days** after the procedure to prevent lightheadedness and risk of fainting.
4. **Text our surgical team** that first afternoon/evening to give us an update and get any concerns/questions answered.

B. *First week:*

1. **Consider wearing eyeglasses**/sunglasses to minimize detectability of surgery.
2. **Very lightly apply Carmex** (medicated lip balm) to all stitches daily until healed.
3. You can start **easing back into your routines** after 24 hours.
4. Continue consuming **daily probiotics** (yogurt, kefir, kombucha, etc.) for 5 more weeks.
5. **Continue to take all prescriptions as directed. Tylenol and/or Motrin** as needed as per packaging guidelines.
6. All incisions may be treated with **fractional laser to reduce scars as needed**.

C. *Subsequent weeks/months after:*

1. Expect there will be some **swelling** and contour irregularities/asymmetries for several days/weeks.
2. The small, discretely placed **scars continue to "remodel":** lighten and flatten for weeks/months.
3. **Scar-erasing resurfacing lasers** may be applied on follow-up visits.

We all recover differently; if you find you're having concerns with discomfort, irregularities, or ***anything*** else - let us know. **Please keep us updated regarding your progress/concerns/questions.**