



Dr. Avi Islur Surgery

Blepharoplasty/Eyelid Surgery Post Operative Care Instructions

General Care After Surgery

- Expect some bruising and swelling around your eyes.
- Use cold compresses or ice packs provided to minimize bruising. Apply every hour for 10 minutes while awake for the first week and twice daily during the second week,
- Sleep with an extra pillow under your head.
- Avoid bending over (head down position) or an increase in your blood pressure for the first week.
- Apply eye ointment if prescribed along incision line after washing.
- Bleeding from your surgical site may occur following surgery. If it occurs, hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists or you experience pain behind your eye or decreasing vision call 911 or go to your closest emergency department and contact Dr Islur.
- Stitches will be removed 7-10 days after surgery

Washing

- Showering is okay 24 hours after surgery. Do not have the shower spray directly on your incisions for two weeks. Let the water cascade over your incision.
- Do not soak your surgical sites (no baths, pools, hot tubs, or lake water) for 2 weeks.
- Dry by gently patting with a clean towel or allow to air dry.
- Do not use peroxide or alcohol to clean the wounds.

Medication

- Anti-Pain medication can be taken after your surgery. Local anesthetic usually lasts 4 to 6 hours.
- Resume any prescribed medications unless otherwise stated.
- Take antibiotics as prescribed and at the appropriate times until completed.

Special Note:

If the white part of your eye (conjunctiva) becomes red and gritty and you have excess tearing a few days after surgery please call the clinic where you saw Dr. Islur and inform the clinic staff of your concern as you may require a steroid drop. You may also email info@drislur.ca

One Week After Your Stitches are Removed

- Begin to massage the ends of your incision line with facial cream, or scar cream. Do not use 100%vitamin E
- If your surgical site is going to be exposed to the sun, apply SPF 45 or higher for at least 1 year.

Follow Up Care

Dr. Islur will let you know which location to visit for your in-office follow up appointments.

The First Glance Aesthetic Clinic
1851 Grant Avenue, Winnipeg, MB, R3N 1Z2
tel:204-885-1569

St. Boniface Hospital ACF Clinic
409 Tache Avenue
Winnipeg, MB R2H 2A6
tel: 204-237-2290

St. Boniface Clinic
343 Tache Avenue, Winnipeg, MB, R2H 2A5
tel: 204-925-9559

After Surgery Care

For general inquiries/questions email info@drislur.ca or speak to one of the clinic staff members.

Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak with Dr. Islur or the plastic surgery resident on call.