

POST – OPERATIVE INSTRUCTIONS – EYELID SURGERY

- 1. Ptosis surgery**
- 2. Blepharoplasty**
- 3. Brow lift**

1. You may resume most activities 3 days after surgery, except for strenuous exercise. During the first week please avoid lifting more than 5kg, and squat rather than bend over to pick things up. Example “keep your head above your heart”.
2. Please resume your routine medications as prescribed by your primary physician. Acetaminophen may be taken for pain relief.
3. The eyelids may be cleaned as needed with moist cotton balls. Soaking the lids with moist compresses may help to soften any crusting. Please do not rub or scratch the eye or eyelids.
4. Please apply ointment prescribed gently to the skin incisions. Your vision may become blurry if the ointment mixes with the tears, but this is normal.
5. After surgery*, you may experience some degree of swelling and bruising. For operations involving the eyelids, apply ice as much as tolerated during the first 48 hours to reduce swelling and discomfort. Ideally, this would involve placing icepacks over the surgical area for 30 minutes every hour.

Please place the refillable icepack on a clean, moist eye pad or washcloth. After the first five days, warm compresses may be applied twice daily for one week to help decrease inflammation.

*(If your surgery involves a skin graft/skin flap, **DO NOT** use ice compresses after surgery).

6. You may take a shower or wash your hair the day after surgery but avoid water running down to the eyes or near the wounds for the first three days after surgery.

If you note excessive swelling, redness, pain, bleeding, marked change in vision or any questions, please call +6569082222 or visit the Emergency Department.

Notes:

Ng Teng Fong General Hospital

1 Jurong East Street 21, Singapore 609606

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ntfgh.com.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© [2026], [Ng Teng Fong General Hospital]. All rights reserved. No part of this publication may be reproduced or shared without prior permission from [Ng Teng Fong General Hospital].

Information is correct at time of printing [Aug] [2026] and subject to revision without prior notice.