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- * Aesthetic medicine
- * Cosmetic surgery
- * Aesthetic laser therapy
- * Regenerative medicine

Recommendations – Blepharoplasty - Upper and Lower Eyelids.

1. The procedure for upper eyelid blepharoplasty, which involves removing excess loose eyelid skin with a precise laser knife, lasts about 1.5 - 2.5 hours.
2. After the procedure, you will receive the following medications:
 - Antibiotic (Cipronex / Duracef / Augmentin): Dosage: 2 tablets immediately after the procedure, then 1 tablet in the morning and 1 tablet in the evening for the following days.
 - Ointment (Floxal): Dosage: apply a thin layer to the post-operative wound on the eyelids and squeeze a dose of ointment into the conjunctival sac (morning and before bedtime).
 - Maxitrol drops: Dosage: 3-4 times a day (1 drop every 4 hours).
3. Immediately after the procedure, a cold compress (cooling dressings) is recommended for the eye area.
4. It is recommended to use Auriderm XO cream or Arnica gel on bruised areas.
5. For 48 hours after the procedure, it is necessary to keep the head elevated both during the day and while sleeping to reduce swelling. Do not lower your head below heart level.
6. For the next 7 days after the procedure, it is recommended to use Octenisept solution to clean the wound of clots and disinfect it, using a moistened gauze pad, at least twice a day.
7. The first follow-up visit is scheduled 8-12 days after the procedure to remove stitches and assess the healing progress of post-operative wounds. A follow-up visit is recommended 4 weeks after the procedure (optional if necessary).
8. Silicone ointments must NOT be used on maturing eyelid scars! I recommend using a moisturizing ointment, such as Linomag, and a cleansing ointment like Iruxol Mono, but not earlier than after stitch removal (after 10 days) and preferably 2 weeks post-procedure. Apply thin layers twice a day (morning and before bedtime).
9. Typically, swelling and bruising subside after about 2 weeks. Lower eyelids often remain swollen slightly longer than upper eyelids.
10. Use UV 50 sunscreen twice a day on the eye area and face (I recommend a roll-on stick for children from Decathlon).
11. Completely avoid sun exposure and tanning beds for 6 weeks post-procedure. UV exposure can cause scar discoloration, and heat can cause eyelid swelling.
12. Contact lenses can be worn 2-3 days after the operation.
13. Avoid strenuous efforts and intense physical exercises, especially those involving weight lifting, for 14 days post-procedure. Do not swim for 1 month. Light cardio exercises (walking, cycling) are allowed from the 3rd day post-procedure.
14. No alcohol consumption for 10 days post-procedure.
15. Use only the medications and recommendations prescribed by your doctor. Do not take medications on an empty stomach.
16. Avoid all factors that can cause increased blood pressure and bleeding.

