



Eyelid Surgery (Blepharoplasty) Recovery Checklist

The “Must-Have” items on this checklist are the core essentials you’ll need for a safe and smooth eyelid surgery recovery. To make it super easy, all Must-Have products are already organized for you on the website under the Surgery-Specific category, with direct links to each item. Everything else on this list is optional but highly recommended to make your recovery more comfortable, more convenient, and as stress-free as possible. Be sure to also explore the other categories in our Recovery Shop to find additional items based on your personal needs and preferences. Choose what fits for you and build your personalized recovery setup with confidence.

Eye Care and Protection – Must-Haves

- Prescribed eye drops and ointments (use exactly as directed by your surgeon)
- Prescribed medications (pain relief, antibiotics)
- Cold compresses or gel packs for the first 48 hours (follow your surgeon’s instructions for timing and frequency)
- Dark sunglasses for eye protection (indoors if light-sensitive and outdoors)
- Soft eye mask for comfort and light blocking (only after cleared by your surgeon)
- Clean tissues for dabbing tears or discharge
- Gentle facial wipes to refresh the face while avoiding rubbing the eyes

Comfort, Mobility & Home Setup – Must-Haves

- Extra pillows or a bed wedge pillow to keep your head elevated during rest and sleep
- Rest with your head elevated as directed by your surgeon
- Avoid bending over, lifting, or straining, especially in the first few days

- Arrange help for the first 24–48 hours (rides, meals, household tasks)
- Phone, remote, and essentials within easy reach at your bedside

The next sections will show you where to find your must-have items on our website, along with additional comfort products, hygiene essentials, mind–body tools, and recovery helpers that many eyelid surgery patients find useful.

Compression and Recovery Wear

Visit our **Recovery Wear – Pajamas, Robes & Slippers** section for:

- Soft front opening pajamas or tops so you don't have to pull clothing over your head
- Robes with inside pockets to hold your phone, tissues, and eye drops
- Recovery slippers with good traction for safe walking after anesthesia

Daily Hygiene and Personal Care

Visit our **Daily Hygiene & Personal Care** section for:

- Gentle facial wipes for cleansing around the eyes (avoid rubbing surgical areas)
- Mild soap or facial cleanser (if approved by your surgeon)
- Clean tissues and cotton pads for dabbing tears or discharge
- Cotton swabs/Q-tips for carefully cleaning around, but not on, incisions (only if instructed)
- Shampoo caps or gentle hair-washing aids to avoid water and soap running into your eyes
- Hand soap and hand sanitizer to keep hands clean before touching your face or eye area
- Sterile gloves (if recommended for applying ointments)

Bathroom Relief Essentials

Visit our **Bathroom Relief Essentials** section for:

- Non-slip bath mat for safe showering when cleared

- Shower chair or stool (optional, especially helpful if you had combined procedures or feel unsteady)
- Toilet seat riser (optional, if bending puts pressure on your eyes or if combined with other surgeries)

Home Setup & Convenience

Visit our **Recovery Helpers** section for:

- Bed wedge pillow or extra pillow sets to maintain head elevation
- Small table or organizer to keep drops, compresses, and medications within reach
- Bedside storage bag for glasses, phone, and remote
- Adjustable bedside table or tray
- Lap desk so you can read, write, or use a laptop while sitting upright
- Long charging cables for phone or tablet
- Small bedside trash bin for used tissues and wipes
- Extra blankets for warmth and comfort

Emotional Comfort and Sleep Support

Visit our **Emotional Comfort & Sleep Support** section for:

- Weighted or light-pressure blankets (choose what feels most soothing for you)
- Sleep headphones for relaxing audio without disturbing others
- Sound/white noise machines to help you sleep while you adjust to new sleeping positions
- Warm & cool mist humidifiers to keep the air comfortable (if appropriate for your space)
- Aromatherapy diffusers (if approved and not irritating to your eyes)
- Sleep eye mask for gentle darkness once your surgeon says it is safe to use around your eyes

Mind-Body and Inner Recovery

Visit our **Mind, Body & Inner Recovery** section for:

- Guided meditations to reduce anxiety and promote calm during healing
- Restorative sleep audio for deeper, more restful sleep
- Bedtime stories for relaxation while you rest your eyes
- Breathwork & affirmations to support patience and a positive mindset during recovery

Nutrition and Hydration

- Hydrating fluids (water, coconut water, electrolyte drinks)

Eyelid Surgery

- Easy-to-eat meals/snacks that don't require heavy chewing (soups, smoothies, soft foods)

Eyelid Surgery

- Choose nutrient-dense foods to support healing (lean protein, fruits, and vegetables)
- Reduce sodium to help minimize swelling
- Avoid alcohol and smoking, as they can delay healing and increase complications

Optional Add-Ons

- Additional cold compresses or gel packs so you can rotate as they warm up
- Cooling or soothing eye masks for later stages of healing (only when cleared by your surgeon)
- Blue-light blocking glasses to reduce eye strain from phones, tablets, and computers
- Extra pillow sets for different seating/sleeping areas in your home
- Tablet or phone stand so you can keep screens at eye level without straining your neck
- Long charging cables (if not already included in your setup)

Special Care

- Apply cold compresses as directed for the first 48 hours (do not place ice directly on the skin)
- Use prescribed drops and ointments exactly as directed
- Avoid rubbing, pressing, or touching the eyes, eyelids, or incision sites
- Avoid bending, lifting, straining, or vigorous activity until cleared by your surgeon
- Wear dark glasses outdoors (and indoors if you're light-sensitive) until your surgeon says you can stop
- Limit screen time and reading in the early days if your eyes feel strained
- Keep your follow-up appointment schedule handy and attend all post-op visits
- Keep essentials within reach so you don't have to bend or strain

Helpful Tip: After eyelid surgery, keeping your head elevated, using cold compresses as instructed, and avoiding eye strain (like prolonged screen time or heavy reading) can make a big difference in your comfort. Combine short, gentle walks with plenty of rest, stay well-hydrated, and use your sunglasses and eye drops exactly as prescribed to support a smoother recovery.

Disclaimer: This recovery checklist is for general informational and organizational purposes only. It is not medical advice and does not replace the instructions or recommendations provided by your surgeon or licensed healthcare provider. Always follow your doctor's specific post-operative guidelines, as they may differ based on your procedure, technique, and individual medical needs. Any product suggestions or recovery tips included here are optional and should be used only if approved by your surgeon. After Surgery Supplies™ and its related materials are not responsible for medical outcomes or recovery decisions made by the patient.

Wishing you comfort, confidence, and a smooth recovery.

Ann Marie