

Recovery Time Blepharoplasty

Recommendations can be modified, the times of recovery vary in some cases, and these are recommended by Dr. Raul Lopez

Surgery Duration

(Approximately)

TIME



45-60 minutes

Discharged

Ambulatory
(Same Day)

Rest Time (Relative)

(The patient can walk and move and should get out of bed every hour during the day)

the first
1-2 days
(relative)

Time to resume office work (job)

(Approximately)

5-7 days
after
surgery

Time to resume moderate activities

(lift 10 to 15 pounds)

7 days
after

Time to resume light exercise

(Cardio, aerobics..etc)

2 weeks
after

Time to resume intense exercise

(Weight Training, Cross Fit, gym..)

4 weeks
after