

POST-OPERATIVE INSTRUCTIONS EYELID SURGERY

DAY OF SURGERY

1. Arrange for someone to stay with you the first 24 hours.
2. Bring sunglasses with you.
3. Keep eyes continuously covered with ice pack over eyes 10-15 minutes every hour until going to sleep.
4. Rest with your head elevated on 2-3 pillows. You may be up and around to go to the bathroom or eat a light meal with assistance.
5. A small amount of oozing from the incisions is normal but excessive bleeding, swelling, pain, or temperature greater than 101 degrees should be checked. Call your surgeon at (423) 778-8582.
6. Visual blurring can be caused by ointment in the eye, but if you have any decrease in vision (especially associated with increased pain, swelling, or bruising) you should call your surgeon.
7. Take medication only as directed.
8. Your first post-operative visit will be the day after surgery unless different instructions are given by your surgeon.

FOLLOW-UP CARE

1. Avoid eye strain. Reading or watching TV can be started the day after surgery.
2. Apply Maxitrol or Lacrilube ointment to the incision lines 3 times a day.
3. Continue using the ice pack every hour.
4. Swelling and discoloration are usually worse on the second or third day after surgery. It is usual for some asymmetry to be present.
5. Sutures if present are removed on the 7th day unless they are dissolvable or other instructions are given by your surgeon.

LONG-TERM CARE

1. Eye watering, itching, burning, tightness, puffiness, bumpy and irregular incision lines are normal post-operative occurrences and will disappear with full healing in a period of several months.
2. Alcohol can prolong swelling and healing. It should be avoided the first 2 weeks.
3. Make-up and contact lenses can usually be worn 10 days after surgery. Foundation, eye shadow and mascara must be new to avoid bacteria.
4. Resume exercise and full activity 3 weeks after surgery.
5. Complete healing takes 6-12 months and post-operative checks at 6 and 12 months are advisable.