

PATIENT INFORMATION ON EYELID SURGERY

Before Your Surgery

- **Blood Thinning Medications.** You will receive a list of medications that are recommended to be held several days to weeks prior to surgery. Some medications may require coordination with your prescribing physician. Remember to hold these medications prior to surgery, as discussed with your surgeon.
- **Physical Exam.** You will need a pre-operative physical exam prior to surgery, within 30 days of your procedure.

What to Expect After Surgery

- **Bruising and Swelling.** The eyelids can appear bruised, red or swollen. Even if the surgery is only on the upper eyelids, the bruising can involve the upper eyelid, lower eyelid, and even cheek. Swelling can increase in the first several days after surgery. The bruising and swelling both typically resolve within 1-2 weeks.
 - If you normally take blood thinners, it is important to hold these prior to surgery as discussed to reduce the amount of bruising.
 - For swelling, we recommend cool compresses early, and minimal physical activity.
- **Bleeding.** There may be some bloody tears or small amounts of blood from the incisions. Typically, the bleeding will resolve by using a clean tissue to apply light pressure for a few minutes. If more significant, please call the office.
- **Pain.** Typically the pain is mild after eyelid surgery. The pain level typically peaks in the first day or two. We recommend Tylenol for mild pain or a prescription pain medication.
- **Vision.** If ointment gets in the eyes, it can blur your vision. This improves with time and blinking, or with washing the eye clean hands and water.

Cool Compresses

- Cool compresses in the first 48-72 hours can reduce swelling and discomfort.
- For cool compresses, either use the ones given at the surgery center, or you may use a frozen bag of small vegetables (peas, corn) or crushed ice in a Ziploc bag. Wrap the bag with a clean, dry washcloth or paper towel prior to applying to your face.
- Apply cool compresses 10-15 minutes, every hour while awake.

Medications

- **Ointment.** Your surgeon will recommend applying the ointment to the surgical incision and/or the eye. Apply a small, quarter inch or pea-sized amount of ointment. Lightly apply the ointment without pulling on the incisions.
- **New Eye Drops.** If eye drops are ordered, apply these to your eye, and apply prior to ointment. Do not touch the bottle to your eye or skin, but rather a small distance away.
- **Artificial Tears.** If experiencing dry, gritty eyes sensation, you may use over-the counter artificial tears, such as Systane or Refresh.
- **Prior eye drops.** Unless otherwise specified, it is safe to continue all prior eye drops.
- **Pain Medication.** We recommend over-the counter Tylenol for initial discomfort after surgery. Your surgeon may prescribe pain medications. Please follow the directions. Do not drink alcohol when taking prescription pain medications.
- **Nausea Medication.** If prescribed, may use as needed for nausea.
- **Blood Thinners.** Your surgeon will discuss the plan for restarting these medications prior to surgery.

Activity

- **Physical Activity.** Please limit physical activity for the 7 days after surgery. Avoid heavy lifting, bending below the waist, and strenuous physical activity. Otherwise, you increase your risk of increased swelling, bruising and bleeding.
- **Return to Work.** Your surgeon can help determine when is appropriate. In general, we ask you to hold off returning to work for several days.

Personal Hygiene

- You may shower 24 hours after surgery. However, take care around the incisions, and gently clean that area.
- If there is a patch, keep that clean and dry until your surgeon recommends it be removed.