

Daily Care

1. You may **wash your hair and face the next day** after your eyelid surgery. Continue to **wash your hair daily** using your normal shampoo and cleanser. **Do not cleanse the eye area.**
2. Apply **iced compresses** made of gauze sponges (not an ice bag) to your eyes for 20 minute periods every hour during the first 2 days after surgery.
3. **Upper eyelids only**, with a qtip apply a small amount of bacitracin to the upper eyelid incision line.
4. Stay up (sitting, standing, walking around) as much as possible after you return home- this is important!! Of course, you should rest when you tire.
5. **Sleep** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately **one week** to minimize bruising and swelling.
6. **To avoid an upset stomach**, eat something before taking any medication.
7. Take the **pain medicine** prescribed as needed or Extra Strength Tylenol as needed.
8. You may take the **sleeping pill** prescribed as needed.
9. You may start back on the **Vitamedica** program after surgery.
10. **Do not** tweeze your eyebrows for 2 weeks.
11. You may begin wearing eyeglasses, or sun glasses, the day of surgery. **Contact lenses** can be worn one week after upper eyelid surgery, two weeks after lower eyelid surgery.
12. Rarely, the whites of one or both eyes may become partially discolored. This is normal and will resolve.
13. Occasionally, the swelling will cause the lower lid to be separated from the eyeball proper. This condition will resolve as the swelling subsides.
14. Patients often experience some blurring of vision for 2-3 days after surgery. This is generally due to swelling and/or ointments that have been used during the surgery and your vision will resolve.

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Post operative instructions for Eyelid surgery.

Introduction

You have just undergone a technical, state-of-the-art operation during which your eyes were rejuvenated through incisions in the eyelids.

The following instructions are based on experience with many Eyelid operations. They will answer practically every question that may arise regarding the "do's" and "don'ts" after surgery. You and your family should read them several times so that you may become thoroughly familiar with them. Attempt to follow them faithfully. Those who do so generally have the smoothest postoperative course; this, of course, favors proper healing.

Post operative instructions

Things to expect

1. **Swelling** of the surrounding tissues. Swelling may become a little greater the second day or third day after surgery. It is not unusual for one side of the face to be more swollen than the other.
2. **Discoloration or bruising** of the surrounding tissues is normal. The bruising may be greater on the second or third day. It usually does not last more than 1 week.
3. You may also experience some **blurry vision or dry eyes**. You may use some saline eye drops as needed or Refresh® eye ointment at night. This issue is temporary and will resolve itself.
4. There is usually little **pain** following an eyelid procedure, but any pain may become worse at night or when you become anxious or nervous. Take the pain medicine prescribed or Tylenol as needed.
5. Occasionally, **crusting** will occur around the sutures. Do not try and remove this yourself. This is normal and will resolve. Showering daily will minimize crusting.
6. You may experience some **weakness or dizziness**. This generally will clear up after a few days. **Be sure to drink plenty of fluids**.
7. You may experience a period of **mild depression** after cosmetic surgery. This is related to the shock of seeing your eyes swollen and discolored. Remember this is a temporary condition.
8. Parts of the eyelids, may feel “numb” after the Eyelid operation, but this is temporary.
9. You may feel some lumpiness in your eyelids. This is normal and will resolve within in a few weeks.
10. You may experience some sharp shooting pain or itching during the healing process. This is normal and will resolve in a few weeks.
11. You may be up and around the house without performing any strenuous activities.
12. You should wear clothing that fastens in the front for 2-3 days.

13. After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing, but it takes approximately a year for these changes to occur and the scars to look their best.

Things to avoid

1. Avoid bending over or lifting heavy objects for 2 days.
2. Avoid hitting or bumping your eyes.
3. Avoid straining on the toilet; you may take a laxative if needed. Any over the counter stool softener is acceptable.
4. Avoid direct sun on the face for one month.
5. No swimming, strenuous athletic activity or exercises for 1 month.
6. Do not drive or drink alcohol while taking any sedative or pain medications.
7. Do not try to remove the sutures yourself.
8. Do not apply hair coloring for 1 week after surgery.
9. Eye shadow and false eyelashes should not be applied until ten days after surgery.
10. You can camouflage the discoloration around the eyes with **make up** before you come to the office to get your sutures removed. Bring it near the line of incision, but do not apply over the incisions themselves for **one week after the sutures have been removed**.

Resuming Activities

Returning to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average patient may return to work or go out socially 1 week after surgery. There is some individual variation regarding the time one returns to work.

Things to report

1. Report any excessive bleeding that persists after applying pressure for 20 minutes.
2. Report any excessive swelling and /or pain.
3. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage, elevation in temperature, greater than (100.3 degrees).
4. Report development of any drug reaction. (Rash, hives or itching).

Your first office visit

Your sutures will be removed and the progress of your healing will be checked. Removing sutures is quick and uncomplicated because it is done with small delicate instruments to minimize discomfort. Subsequent office visits for 1 year are important in order to monitor proper healing.

Most of all be patient during the healing process. If you have further questions, you are urged to call us.