POST-OPERATIVE INSTRUCTIONS- EYELID SURGERY

1. The day of surgery, rest quietly at home. To minimize bruising and swelling, sit upright in a chair as much as possible and sleep with your head elevated for 4 days after surgery. You should not perform any strenuous activity or exercise during the first 10 days. Do not bend over at the waist or lift heavy objects until your surgeon approves.

2. If your doctor asks you to use cold packs, please use the ones that are included in your Post-Op Kit. You may also put cracked or crushed ice in a rolled washcloth and drape it lengthwise across both eyes. Another method is prepared by placing about 2/3 cup of frozen peas into plastic zip-type “baggies” and re-freeze as needed. A baggy may be placed over each eyelid and changed out every 20-30 minutes. Commercially prepared cold or ice packs should be avoided as they may be too heavy. For at least 48 hours after surgery, the cold packs should be used as continuously as possible, but may be discontinued at bedtime.

3. Please use eye ointment prescribed. The ointment may be placed over the suture lines and in the eye by gently retracting the lower eyelid and applying it behind the lashes. If the eye is patched, DO NOT REMOVE THE PATCH unless instructed by your doctor. If your surgery included the lower eyelids, do not manipulate them, but place the ointment just above the lash line and body temperature will melt the ointment allowing it to spread under the lid.

4. Slightly bloody drainage or oozing may occur after surgery and will usually stop with firm pressure applied for 5 minutes using a clean wash cloth.

5. As the anesthetic wears off, some discomfort may occur. Take Tylenol as needed, but not aspirin or ibuprofen. Pain that is decreasing over a period of time is usually not a problem, but if pain increases or is associated with bulging forward of the eyeball, decreased vision or excessive localized bruising or swelling, please call your doctor immediately.

6. Be certain to keep your post-operative appointment so that your doctor can make sure you are healing properly. If anything occurs that causes you concern, please call your doctor at the office.

7. Keep surgical area dry for the first 48 hours. After this period, you may get surgical area wet (including showers). Please do not manipulate surgical area.

8. If you have had a tear duct procedure or orbital surgery (including fracture repair), it is very important that you do not blow your nose for 2 weeks after surgery.

Thank you for choosing DOCs!