



EYELID SURGERY

PRE AND POST-OPERATIVE INSTRUCTIONS

***NOTE: Documents found online are generalized instructions.

Please understand that you will have personalized instructions based on the specific procedure you are having done.***

Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. If you have questions, do not hesitate to contact our office. We want you to have a pleasant and enjoyable experience.

PREPARING FOR EYELID SURGERY

- Avoid aspirin, ibuprofen (Advil, Motrin, and other non-steroidal anti-inflammatory medications), Vitamin E, fish oil, or any medications containing these compounds for two weeks before surgery. Tylenol (acetaminophen) is ok.
- Discontinue herbal medications two weeks before surgery since many of these compounds can increase bleeding or interfere with your anesthetic.
- Refrain from smoking two weeks before and two weeks after surgery. Nicotine and tobacco smoke delays healing and can result in scarring. This is the perfect time to give up the habit.
- Avoid sun damage two weeks before surgery-wear sunscreen daily (SPF 20 or greater).
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the surgery center. You will not be allowed to drive or be left alone.

THE WEEK OF SURGERY

- Prepare cold compresses for after surgery. We recommend frozen peas or crushed ice in small zip lock baggies. Alternatively, 4x4 gauze pads may be soaked in very icy water prior to applying to the affected areas.

DAY OF SURGERY

- Do not eat or drink anything, including water, the morning of surgery.
- Take routine morning pills with a sip of water. If you are on medication for diabetes, please do NOT take this the morning of surgery.
- Wear loose-fitting clothes that fasten in front or back. Avoid slipover clothing.

- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial or eye make-up. Avoid nail polish.
- You may wear glasses but do not wear contact lens.
- If you wear dentures, keep them in.

POST-OPERATIVE CARE

- Cold compresses (as described above) should be applied to the eyes and cheek for the first 48 hours to minimize swelling and discoloration. We recommend 20 minutes on, 20 minutes off. You may take longer breaks, but the more ice, the better.
- Keep your head elevated to minimize swelling. A recliner works well or adding an extra pillow on your bed is adequate.
- You may be given eye shields and tape to wear every night for 10-14 days after surgery.
- You may wash your face.
- If you have external eyelid incisions, they may be gently cleaned with a Q-tip and half-strength hydrogen peroxide (dilute with water). We will prescribe an antibiotic ointment. Avoid over-the-counter ointments.
- You may wear contact lens two to three weeks after surgery.
- Avoid extreme physical activity including athletic activities and intercourse. You may resume light walking 1 week after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed 2 weeks after surgery.
- Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your face to swell. Wear SPF 20 sunscreen daily beginning two weeks after surgery.
- Don't be concerned if the eyes show some swelling – this usually resolves within 2 weeks. In certain patients, it may require six months for all swelling to completely subside.
- Take only medications prescribed by your doctor.
- Makeup should be avoided for 2 weeks after surgery. Cover up is ok 1 week after surgery, but avoid directly on the incisions.

DON'T TAKE CHANCES!

If you are concerned about anything you consider significant, call us anytime, day or night at (307) 634-2020.