



INSTRUCTIONS AFTER EYELID SURGERY

A nurse will call you between 4 PM and 7 PM the day of your surgery to check on your recovery. If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

Activity:

- Immediately after surgery you should rest for the first 48 hours.
- Apply cooling/ice or gel packs for the first few days while awake.
- Stay in the company of a responsible adult for the first night.
- Commence on a light or liquid diet as tolerated as anesthesia medications can make you feel nauseous.
- To minimize swelling you should keep your head elevated at all times for the first week. Sleep with at least two pillows or in a recliner.
- You may experience some temporary blurring of your vision from ointment in your eyes, swelling and bruising.
- For the first two weeks avoid any strenuous activity, heavy lifting or bending over (bend from the knees).
- During the first 14 days after surgery no housework or physical labor.
- Do not wear contact lenses for 2 weeks after surgery.
- Avoid direct sun exposure. Wear a high grade sun block, sunglasses, hat or visor to keep the surgical area protected from the sun.
- The eyes may tend to water especially in cold air or windy weather.

Dressing Care:

- You can use ice compresses (gauze pads dipped in ice water and wrung out) on eyelids for comfort during the first 48 hours and intermittently for one week.
- During the first 48 hours you may gently cleanse your eyes with water or saline and pat dry with gauze pads.
- After the first 48 hours you may allow the surgical site to get wet briefly while showering then pat gently dry. Do not use a perfumed or medicated shampoo or facial cleanser.
- Your outside sutures will be removed in 5 to 7 days after surgery.
- After 48 hours you may apply moisturizer to your face but away from your suture line.
- Do not wear any makeup on your eyes for 10 days.

Medication:

- You may take Tylenol for mild/moderate discomfort. (Be aware if the pain medication you are taking contains Tylenol. Do not take two items containing Tylenol.)

- Take prescription pain medicine as needed for more severe pain according to the instructions on you prescription.

Please use the medication prescriptions already given to you:

Pain Medicine _____

Anti-Nausea Medicine _____

Follow-up:

Your 1st post-op visit is _____

If a follow up appointment has not been made for you, please call our office during regular business hours (8:30am to 5:00pm) at you earliest convenience.