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EYELID SURGERY POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for the first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the prescribed time intervals. Under such circumstances you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
6. Apply cold compresses to your eyelids. This is soothing and helps to control swelling and bleeding. Do not use hot or warm compresses. Cold compresses in the morning for 15 to 30 minutes may be beneficial for up to 1 month following surgery.
7. You will notice a loop of suture covered with a steri-strip at the inside of the eyelid. Please keep this dry. This is to facilitate removal of sutures later.

You can expect the following:

1. Moderate discomfort - use pain medication as prescribed.
2. Moderate to significant swelling around eyes and cheeks.
3. Very noticeable amount of black and blue discoloration around eyes.
4. Reddened, blood shot eyes.
5. Moderate bleeding from wound edges, especially the first day.
6. Eye dryness - use Natural Tears eye drops to help soothe the eyes.

Call the office if you have any of the following:

1. Severe pain not responding to the pain medication.
2. Marked swelling or more swelling on one side than the other.
3. Significant changes in vision (more than mild blurring).

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4. Other questions or problems.

Additional Instructions:

1. Avoid smoking for 48 hours after your surgery to prevent coughing and possible bleeding.
2. Do not do any heavy lifting for 2 weeks after surgery.
3. Do not lean over with your head lower than your chest.
4. Apply a thin layer of A & D or Aquaphor ointment to the suture line. It is important to keep all incisions very clean.
5. You may bathe or shower the first day after surgery.
6. You may wash your hair in the shower the day after surgery (do not lean over the sink). Dry with towel or cool dryer. Do not sit under a hot dryer. You may set your hair with hot rollers.
7. Do not wear make-up of **any kind** until the sutures are removed.
8. Avoid exposure to the sun and/or heat for three months to avoid swelling.
9. No sports or strenuous activities for 4 weeks following surgery, including exercise walking.

Follow-Up Office Visits:

1st Visit: The next day after surgery for a wound check.

2nd Visit: 5 days after surgery. Sutures will be removed at this time.

3rd Visit 2-4 weeks after surgery.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Postoperative photographs must be taken during one of these visits.