

K. Cary Canoun MD, FACS

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EYELID SURGERY POST-OP INSTRUCTIONS

1. You must have a responsible adult 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. Often the pain is well controlled with extra- strength Tylenol but can be supplemented with the stronger pain medication.
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 over a dry cloth to your eyelids. This is soothing and helps to control swelling and bleeding. Do not use hot or warm compresses. A package of frozen peas wrapped in a thin towel works well for this. Cold compresses in the morning for 15 to 30 minutes may be beneficial for up to 1 month following surgery.
7. Keep the eyelid incisions dry for 5 days after surgery.
8. Apply a thin layer of antibiotic ointment to the suture line twice a day for three days. Do not apply the antibiotic ointment after three days.

You can expect the following:

1. Moderate discomfort – use Extra-strength Tylenol or pain medication as prescribed. No Aspirin or Motrin.
2. Moderate to significant swelling around eyes and cheeks.
3. 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 me 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).
4. Any other questions or concerns.

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 antibiotic ointment to the suture line for 3 days. It is important to keep all incisions very clean.
5. You may bathe 2 days after surgery. Do not shower.
7. Do not wear make-up 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: 5 days after surgery. Sutures will be removed at this time.

2nd Visit: 14 days after surgery.

3rd Visit 2-4 weeks after surgery.

First Post-op Visit: Date _____ Time _____

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