

## POST-OPERATIVE INSTRUCTIONS

After your surgery, you will likely be prescribed a topical antibiotic ointment and/or drop and an oral pain medication. Please take these according to the prescribed instructions. The ointment may make your vision blurry. If you feel an intense burning or itching after using the ointment and/or drop, please discontinue usage immediately and call our office; you may be having an allergic reaction. If severe pain or discomfort persists after taking the oral medication and applying cold compresses, please call our office. If you experience a decrease in vision at any time, please call our office immediately.

Directly following your surgery, you should apply cold compresses; cold gel packs, crushed ice wrapped in a clean towel, or frozen peas in a Ziploc bag are recommended. Hold the compress against the surgical area(s) with your eyes shut. Do this at least six times a day for approximately 15-20 minutes at a time. The more you can keep cold compresses over the eyelid(s) or surgical area(s) following your surgery, the faster the bruising and swelling will improve. Continue applying the compresses until the bruising and swelling begin to subside, usually after the first 2-3 days; however, this can vary from side to side and from patient to patient as everyone heals and recovers differently.

For the first few days, in addition to the cold compresses, keep your head elevated above your heart during the day and at night. Try to sleep on your back with two or three pillows to prop you up. Try to avoid sleeping on your side or stomach as this positioning can cause more facial bruising or swelling.

Some oozing or bloody drainage from the incision site(s) for the first few days following your surgery is normal. However, if the bleeding is excessive (enough to soak a wash cloth within an hour), please call our office immediately. Additionally, please refrain from heavy lifting or rigorous activity (such as activity that makes you short of breath or elevates your heart rate) for one to two weeks after surgery; this type of activity increases the risk of bleeding or breaking the sutures.

Avoid showering or soaking the incision site(s) for the first 48 hours. When you shower, do not put the incision site(s) directly under the stream of water for at least two weeks. After 48 hours, warm soapy water running over the incision site(s) is okay.

After the bruising and swelling begin to subside (usually after about three days), apply warm compresses with a warm, wet washcloth four to six times per day. Make sure the temperature is not too hot but rather as warm as you can tolerate comfortably. Then, continue either the cold or warm compresses (whichever feels better to you or alternate both) until your first post-operative appointment with your surgeon.

## POST-OPERATIVE INSTRUCTIONS [CONTINUED]

At the time you scheduled your surgery, a post-operative appointment will also be scheduled; this appointment is usually one to three weeks following your surgery. While you can expect progress from your surgery by this appointment, it will often take three to four months to experience a full recovery.

It is rare that you would develop an infection, but if you experience greenish or yellowish drainage from the incision site(s) or progressive redness and pain around the incision(s) or surgical area(s), please call our office.

The most common side effect of an eyelid surgery is a possible revision. Our surgeons are conservative with removing tissue, as it is safer and easier to adjust if more skin or a further “muscle pinch” is needed. Approximately 1 in 30 patients will require such a procedure, and most revisions can be performed under local anesthesia in our office.

IF YOU HAVE ANY QUESTIONS ABOUT THE ABOVE INFORMATION OR HAVE ANOTHER QUESTION THAT HAS NOT BEEN ADDRESSED, PLEASE REACH OUT TO OUR OFFICE STAFF AT [952] 925-4161.