

Patient Instructions Following- Eyelid Surgeries
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Call the office at 793-0475 the day after surgery to schedule your follow up visit. Normally your first follow up visit is in one week.

Activity and Care: For the first 24 hours, rest is absolutely necessary. Elevating your head will help reduce swelling. Applying cool compresses (not ice cold), no more than 15 minutes four times a day, may help with swelling and bruising as well.

Showering: 24 hours after surgery, begin washing the incisions gently with soap and water, patting dry. Wash the incisions morning and night. Refrain from submersing your face into standing water like bath tub water, swimming pools, hot tubs, etc. Showering is fine.

Medications: Narcotic pain medication may have been prescribed for you and may be taken as needed the first couple days then switch to Aleve, Advil or Extra Strength Tylenol to help with pain control. Avoid alcohol use when taking narcotic pain medication.

An antibiotic ointment may have been prescribed for you and a very small amount should be applied to the incision twice a day, for five to seven days.

Driving: You can resume driving 48 hours after surgery, when you can safely move your head and you have adequate visual fields. You should not take narcotic pain medication and drive.

Exercise: Begin walking 24 hours after surgery to help prevent blood clots. Activity should be kept to a minimum, avoiding any excessive bending over, pushing, pulling, jogging or heavy lifting. Over the next two weeks, exercise may be gradually increased. There should be no strenuous activity as this may increase swelling and bruising and compromise the final result. After about three weeks, exercise may be increased incrementally until the normal routine is recognized at six weeks. Judgment must be used. Expect the more you do the more you will swell. Not all patients heal alike.

Call the office at 793-0475 if any increasing swelling or bruising persists for several days, increasing redness, drainage or odor occurs along the incision, severe or increased pain days after surgery is unrelieved by pain medication, an oral temperature over 100.4 degrees, bleeding that is uncontrolled with light pressure, any nausea, vomiting, rashes or headache caused by medications.