

Eyelid Surgery Pre & Post Operative Instructions

You may have swelling, blurry vision, excess tearing or dry eyes for several weeks. Rarely these symptoms may be permanent. Pain, burning, or scratchy eyes may be a sign of inadequate lubrication and require immediate attention. LUBRICATE, LUBRICATE, LUBRICATE using the antibiotic eye ointment prescribed for the first week then use Artificial Tears during the day and Lacrilube ointment at night thereafter. Use cool compresses on your eyes as much as possible the first 2 days. Clean your incisions, if there are external sutures present, with half strength hydrogen peroxide 4 times per day and after each cleaning apply antibiotic EYE OINTMENT instead of regular antibiotic ointment. Do not get Peroxide in your eyes! Also place the prescribed eye ointment & eye drops inside your eye WITHOUT pulling down on the lower eyelid. DO NOT use contacts, false lashes, or makeup until instructed by Dr. Naderi. Call immediately if you have excessive pain or sudden swelling or change in vision.

AFTER YOUR EYELID SURGERY

- You may **wash your HAIR and FACE the next day** after your eyelid surgery. Continue to **wash your hair DAILY** using your normal shampoo and cleanser. **Do not cleanse the eye area.**
- Apply **ICED compresses** made of gauze sponges (not an ice bag) to your eyes for 20 minute periods every hour during the first 2 days after surgery.
- Stay up (sitting, standing, walking around) as much as possible after you return home- this is important!! Of course, you should rest when you tire.
- **SLEEP** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately one week to minimize bruising and swelling.
- To avoid an upset stomach, eat something before taking any medication.
- Take the pain medicine prescribed as needed or Extra Strength Tylenol as needed.
- Continue taking your antibiotic as prescribed until it's finished.
- You may take the sleeping pill prescribed as needed.
- **DO NOT** tweeze your eyebrows for 2 weeks.
- You may begin wearing eyeglasses, or sun glasses, the day following surgery. **Contact lenses** can be worn one week after upper eyelid surgery, two weeks after lower eyelid surgery.
- Rarely, the whites of one or both eyes may become partially discolored. This is normal and will resolve.
- Occasionally, the swelling will cause the lower lid to be separated from the eyeball proper. This condition will resolve as the swelling subsides.
- Patients often experience some blurring of vision for 2-3 days after surgery. This is generally due to swelling and/or ointments that have been used during the surgery and your vision will resolve.