

# Kaiser Permanente Cosmetic Services

2288 Auburn Blvd., Suite 205

Sacramento, CA 95825

(916) 973-6100

## Patient Instructions: Eyelid Surgery

### Before Surgery

1. Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.

**Two weeks before surgery, discontinue and avoid taking aspirin containing products** (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products) **and aspirin-like anti-inflammatory drugs** such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen.

You *may* take Tylenol, Datriol, Panadol, or Anacin III as needed.

2. Please purchase a bottle of artificial tear eyedrops (such as *Hypotears* or *Tears Naturale*) for use after surgery.

### Day of Surgery

1. Please *do not* eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses and all makeup, including eyeliner and lipstick, while at home.
4. Wear comfortable clothing (loose blouse, button-down shirt).

### After the Surgery

1. *Please do not be alarmed by your appearance.*

Redness, bruising, and/or swelling of the upper and lower eyelids, face, and cheeks occurs to a lesser or greater extent in all patients. Expect your eyelids to be more swollen on the 2<sup>nd</sup> postoperative day than on the 1<sup>st</sup> postoperative day; your eyelids will be more swollen in the mornings than later in the day.

Occasional bleeding into the white of the eye may occur; this may take 4-6 weeks to completely resolve.

*Please be patient.* Things will return to normal in several weeks.

2. On the morning following surgery, gently cleanse the surgical area(s) with cotton balls moistened with lukewarm water. Repeat this as necessary during the day.
3. Apply the prescribed ointment to the suture line(s) two times daily and after cleaning the surgical area(s) for seven days. A Q-tip works well for this.  
Use artificial tears eyedrops a minimum of four times per day.
4. Whenever lying down or sleeping, keep your head elevated on two or three pillows such that the head is elevated above the level of the chest. This helps to reduce swelling that, in turn, reduces pain and speeds wound healing.
5. Please use cold compresses over the eyelid(s) twenty minutes each hour the day of surgery and *at least* four times daily for 20-30 minutes for the next two days.

Prepare cold compresses by placing a clean wash cloth or gauze pad in a pan or bowl of crushed ice and water. Partially wring out the cloth or gauze and place over the closed eyelids.

As an alternative, you may buy frozen peas or frozen corn in commercial plastic bags at the grocery store and place the bag on a washcloth over your closed eyelids.

*Never* place ice or the frozen food bags on your skin directly.

Starting the 4<sup>th</sup> postoperative day, use warm compresses four times daily. Place a clean cloth in warm water (as warm as you can tolerate without burning your skin) and wring it out slightly. Apply to

closed eyelid and repeat dipping in hot water and wringing out whenever the cloth becomes cool. Continue for at least 10 minutes.

6. Use Tylenol or Datril, one or two every 4 to 6 hours, as needed, for pain. You may be given a prescription for a stronger pain medication; use as directed.
7. Continue your regular preoperative eye drops and all other medications unless specifically instructed otherwise. Unless specifically instructed, aspirin products such as Bayer, Bufferin, Anacin, Excedrin, etc. should be avoided for at least one week after surgery. This also includes Advil, Nuprin, Motrin, and Ibuprofen.
8. Please remember that it is important **not** to do any heavy work, bending over, lifting, or any exercises. You may do light housework and take short walks. You may read or watch TV. You may take a bath and shampoo your hair, but avoid getting the surgical area wet. You may drive as the swelling of the eyelids decreases and you are able to see clearly.
9. Do not use contact lenses for at least two weeks after surgery. Pulling on the eyelids while inserting or removing lenses may interfere with wound healing. You may wear your glasses at any time.
10. Do not use mascara, eyeliner, or eye shadow until instructed by your doctor (usually 10-14 days after surgery, after suture removal).

**The following problems should be reported to the office (973-6100) as soon as possible:**

Continuous, brisk bleeding. Please note that some oozing or drainage is common following a surgical procedure.

Any separation of the suture lines.

Excessive redness or swelling of the incision lines.

Temperature (fever) over 101°F.

Excessive pain at the surgical site not relieved by the pain medication, especially if associated with protrusion of the eyeball.

Any problem with vision. Please note that some blurriness is expected after surgery due to the ointment around the eyes. All patients should be able to check their vision, even with eyelid swelling.