

## **Eyelid Surgery Instructions**

### **BEFORE SURGERY:**

- 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 aspirin and aspirin containing products such as Bufferin, regular Anacin, etc. and four days before surgery stop all anti-inflammatory drugs such as Advil, Aleve, Clinoril, Feldene, Naprosyn, Motrin and Relafen. You may take Tylenol or Datriil instead for pain relief. Also stop Vitamin E, Ginkgo biloba, Ginger, Garlic and St. John's Wort 2 weeks before surgery. If you are on blood thinners such as Coumadin I will discuss this with you at your preoperative appointment.

### **DAY OF SURGERY:**

- Please do not eat or drink anything after midnight except as noted below. If you are taking insulin or oral hypoglycemic agents we will discuss this at your preoperative appointment
- Take your usual morning medications with sips of water
- Please shower; remove contact lenses and makeup including eyeliner and lipstick while at home
- Wear comfortable clothing (loose blouse, button-down shirt).

### **AFTER SURGERY:**

- Don't be alarmed by your appearance. Redness, discoloration and swelling of the eyelids, face and cheeks occurs to a lesser or greater extent in all patients. Your lids may be more swollen in the mornings and more swollen on the 2nd postoperative day than on the 1st postoperative day. Please be patient. Everything will return to normal in several days to weeks.
- 2. If you have been prescribed antibiotic ointment, apply it to the sutures lines two times daily and use artificial teardrops (Tears Naturale, Refresh) a minimum of four times per day.
- You should sleep with your head elevated on 2 pillows for two nights or sleep in a recliner. It is OK to sleep on your side. This will reduce swelling that in turn reduces pain and speeds wound healing.
- Use cold compresses over the operated areas of your face 20 minutes each hour on the day of surgery and at least 4 times per day for the following 2 days. You can use crushed ice wrapped in a damp face cloth or frozen peas placed in a zip lock sandwich bag. Be sure to place a face cloth between you skin and the bag to prevent ice burns.
- Starting the 4th postoperative day apply hot compresses 4 times per day. Place clean cloth in hot water, wring out slightly and apply to closed eyelids. Repeat dipping in hot water and wringing out whenever the cloth becomes cool. Continue for at least 10 minutes.
- Use Tylenol or Datriil, one or two every 4 hours as needed for pain. If stronger pain medications have been prescribed, please use them as needed
- Continue your regular preoperative eyedrops and all other medications unless specifically instructed not to.
- For proper wound healing it is imperative that you limit your activities the first week following surgery. Please remember it is important not to do any heavy work, lifting, repetitive bending, exercises, gardening, bicycling, weight lifting, swimming, etc. It is OK to drive after the second day, read, watch TV, shampoo your hair, do light housework and to take short walks.
- Call the office at (916) 614-4015 if you have any concerns about your appearance or about how things are healing, or if you experience, fever visual loss, uncontrollable pain, intense swelling or discharge. After hours call the emergency department at (916) 973-6600