

Postoperative Information for All Patients

IMMEDIATELY AFTER SURGERY:

- **Ice water packs** should be placed over both eyelids, alternating 20 minutes on and 20 minutes off, as tolerated, during the first evening and the next day after surgery.
- **A telephone number should be provided** for the surgical staff to call when you are ready to go home.
- On the day of surgery, you will be observed until we feel that you are ready to go home.
- **A responsible adult must accompany you home after the operation.** In general, taxicabs are not a good idea for the trip home. The best option is an automobile with a seat adequate for reclining. This is important because of the increased tendency towards fainting in the early period after surgery.

THE FIRST FEW DAYS AT HOME:

- Someone should be available during the first evening after surgery for your care and assistance.
- Diet on the day of surgery should be light, such as broth, sodas, etc.
- Remember to **drink plenty of fluids** after surgery to avoid dehydration and to better help tolerate medications.
- Slight bleeding from the incisions are normal in the first 24 hours after surgery. Use a clean towel over your pillow when you sleep.
- If you are without bandages, **ice water packs** should be placed over both eyelids, alternating 20 minutes on and 20 minutes off, as tolerated, during the first evening and the next day after surgery.
- You may shower the day after surgery unless otherwise instructed by your surgeon.
- It is recommended to **sleep on two pillows for the first 48 hours.**
- Pain medication will be provided and may be taken until all the medication is used. Pain medicine may cause constipation. Take a stool softener and avoid constipating foods as necessary.
- Bandages may be removed at home as indicated on your discharge instructions.
- ***Excessive bleeding, hemorrhage, or sudden vision loss at any time after surgery requires immediate medical attention.*** Please call the Department of Eye Services at (916) 614-4015, or after 5:00 p.m. or weekends, call Medical Advice. In Sacramento, call (916) 973-5100 or Roseville, call (916) 784-4050. Cosmetic Services patients should call (916) 973-6100.

AFTER THE FIRST WEEK OF RECOVERY

- Expect to be off work (or out of school) for 1 - 2 weeks following surgery.
- **You will return to see your surgeon within the first week of surgery for suture removal.** We recommend dark glasses and a scarf should be brought with you and upon returning for

bandage removal. These are helpful in avoiding unsolicited attention because of swelling and bruising.

- **Contact lenses** may be used at any point 1 week after surgery, providing they do not cause unusual irritation. In case such irritation occurs, their use should be delayed until such time as they feel normal when placed in the eye. Pulling on the lids to remove the lens is not permitted. Small suction devices are available from your eye doctor or optical shop for lens removal.
- Starting 2 weeks after surgery, you can apply **Vitamin E, cocoa butter, or products with Maderma** to the incision with gentle massaging for 1 month, twice a day. Some people continue this up to 3 months postoperatively to help improve scarring.
- Do not engage in any strenuous exercise for 2 weeks following surgery.

COMMON QUESTIONS AND CONCERNS

Persistent swelling around the eyes or face

The eyes will remain swollen in an exaggerated fashion for one to two weeks. After that, the lids may appear a little puffy, and the folds larger than the ultimate size, but people are usually able to return to work, wear makeup, etc., within one week after surgery. The significant swelling and bruising will start to subside in the second postoperative week. The final result however, in terms of the size of the fold and appearance of the eyes, usually is not present until at least months to 1 year after surgery. During these months, the eyes slowly take on a more natural and relaxed appearance.

Itching around eyes and incisions

Itching is commonly experienced in a healing wound. This is also true of the eyelids, but rubbing should be avoided. Rubbing of the eyes in the early period after surgery can alter healing or open the wound. Thus, if itching occurs, use cold water or ice packs on the lid to alleviate the itching and avoid scratching and rubbing.

Unable to close eyelids completely

Early after surgery it is not uncommon to find that the eyelids do not close completely. Usually this resolves after a period of time, but may persist in the rare patient which is why you are given ointment to place inside the eyelids at night. It should be appreciated that in quite a few normal individuals, having had no lid surgery, that the lids fail to close completely. Should you find that the eyes are irritated and dry feeling in the mornings upon awakening, this can usually be resolved by using over the counter lubricant eye drops. You will be using prescription ointment initially, which will soothe and lubricate your eyes. However, this may contribute to some blurred vision postoperatively.

Further questions.

For concerns or problems such as bleeding, pain, or fever, or to clarify follow-up appointments, notify the appropriate clinic by phone.

- Sacramento Eye Services - (916) 614-4015
- Sacramento Cosmetic Services - (916) 973-6100

If you experience any complications after office hours, please call the Department of Eye Services at (916) 614-4015, or after 5:00 p.m. or weekends, call Medical Advice. In Sacramento, call (916) 973-5100 or Roseville, call (916) 784-4050. Cosmetic Services patients should call (916) 973-6100.