

After Your Eyelid Surgery

How you will feel

You will be drowsy and tired following surgery due to the medicines we have given you to make you comfortable. Most folks wake and doze on and off during the evening after surgery. The day following surgery, you may still feel a bit tired, but resume everyday activities as soon as you can. You may move about normally without fear of disrupting your surgery. Your energy will return more rapidly if you do.

If you have nausea

Although we give anti-nausea medicines before, during and after your surgery, it's still not unusual to have some nausea following surgery. Relax, decrease your activity and don't eat any heavy foods—just try some clear liquids. All nausea should be gone by 12 hours following surgery.

Discomfort

We've given you a pain medicine to be used as directed. Take a pain pill before going to sleep the evening of surgery (preferably after you have kept something in your stomach). Take another pain pill the morning following surgery as you may feel a bit stiff and uncomfortable when you begin to move about. After two days, extra strength Tylenol should control your discomfort well. **Do no use aspirin, Advil or similar medicines for two weeks before and after surgery.** These medicines cause bleeding and can damage your surgical result. If you have questions about a medicine, please ask us before using it.

Severe, deeply-felt pain in or behind the eyes must be communicated to your doctor at once. It may represent bleeding within the eye and may result in permanent blindness if not immediately treated.

Swelling

You should expect some swelling and bruising around your eyes following surgery, which typically increases over the first 2 days after surgery. To reduce swelling and minimize bruising, we ask you to gently apply a **cool compress** (e.g., cold packs, or Ziploc bag with frozen peas or popcorn kernels) to the eyes and upper cheeks **20 minutes every hour (while awake) for the first 3 days after surgery.** If

possible, sleep with your head elevated on two pillows. Most of your swelling should subside over 4 to 5 days. Rarely, your eyes may swell shut for the first 24 hours following surgery. If this occurs, please notify your doctor.

Fever

Fever of up to 101°F following surgery is common. Please call us should your fever reach 102°F.

Antibiotics and Infections

You received antibiotics in your IV prior to surgery, but will need to continue taking antibiotics prescribed after surgery. Infection after eyelid surgery is very rare, but if you notice increased redness or swelling accompanied by tenderness, fever, or discharge from the eyes at any time, please call us so that we may examine you.

Visual Changes

Any visual changes, whatsoever (blurred vision, double vision, etc.) must be reported to your doctor at once.

Eye and Ophthalmic Care

An ophthalmic ointment should be placed along your suture line. Place a small amount about the size of this "O" in the outside corner of each eye. Place a similar amount on a Q-tip and apply it to your incision while looking in the mirror.

Some discoloration around your incision can be expected. However, should you experience a great deal of redness and itching around your suture line, please call our office. You may have a rare allergic reaction to either the sutures used or the ointment being applied to your suture line. Again, your doctor or his nurse will be able to help.

Nylon sutures are placed to close the incisions. We will remove these sutures during your first post-operative visit. **Under no circumstances should you attempt to remove these sutures yourself.** Such action could truly damage the results of your surgery. Other sutures inside your lower eyelids are designed to slowly dissolve over time and will not need to be removed.

You may also be given a prescription for eye drops which should be used as directed. You may have some difficulty

closing your eyes in the first few days following surgery. If this is the case, you should use the same ophthalmic ointment or OTC artificial tears in your eyes hourly to prevent drying of the cornea. If you find that your eyes are difficult to close when going to sleep, please notify your doctor.

Diet

Try to take only liquids or soft foods during the first 24 hours after surgery, and then increase your diet to normal as tolerated. Avoid very hot liquids and foods as these may cause bleeding.

Personal Hygiene

Try to keep your surgical area clean and dry. Avoid taking a shower until the doctor says you may. If necessary, have someone wash your hair in the sink like they do at the salon.

Activity

During the evening following surgery, you should probably stay in bed with your head elevated on two to three pillows. You may go to the bathroom, but may need assistance.

Remember that the blood pressure in your face increases whenever you lower your head below the level of your heart-this may lead to bleeding. Therefore, try to sleep on two or three pillows, and be very careful about bending over in the first two weeks following surgery.

You may slowly advance your physical activity. Aerobic exercise should be avoided for at least two weeks following surgery. In general, sports such as running, weight-lifting,

tennis, golf and swimming may be resumed in approximately two weeks following surgery. Contact sports are prohibited for six weeks following surgery.

When in doubt, please ask your doctor before engaging in any physical activity that could damage the results of your surgery.

Cosmetics

We will be able to instruct you in what kind of make-up to use to cover up any bruising or discoloration in the immediate post-operative period. Generally speaking, cosmetics may be used following the first post-operative visit. Please do not use any facial make-up in the area of your surgery until your doctor says it is okay, because you could damage the results of your surgery.

Sun Exposure

Please avoid the sun. Excessive sun exposure can result in ugly scar formation and ruin the results of your surgery. In the first six months following surgery, you must always use a good sunblock (SPF 30 or higher) before going outside. A good habit to get into is using a sunblock as your morning skin moisturizer. That way you'll always be protected.

Questions or Difficulties

If you have any questions or problems during office hours, please call 410-266-3900.

If you have any questions or problems at any other times please call 443-481-3024 and ask for the doctor on call.