

Information for Patients Undergoing Eyelid Surgery

In preparation for your surgery, it is important for you to understand how to take care of your surgical wounds. To facilitate healing, wounds must be kept clean and moist. Your attention to optimal wound care will enhance the postoperative results, speed healing, and facilitate removal of the sutures.

- **What to Expect:**

- You may have some blood-tinged tears and oozing of blood from the wound during the first 24 hours. If your eye is patched, it is normal to see bloody drainage on the outside of the patch later in the day.
- Expect bruising and swelling during the first week. The eyelids may appear “red” the morning after surgery, which is normal. All bruising will descend below the eye a few days after surgery and will disappear in 1-2 weeks. Occasionally blood may be seen on the white of the eye or appear “bloodshot”, and this will also disappear over time.
- Expect swelling especially during the first 3-5 days. A small amount of swelling may persist for several weeks following surgery. Although annoying, this is normal.

- **Cold Application:**

- Cold application reduces swelling and relieves discomfort. Apply cold to the surgical sites for 20 to 30 minutes of each waking hour as instructed on the day of surgery. Use crushed ice or frozen peas in a quart size Ziploc bag covered with a dry washcloth for cold application.
- If you anticipate traveling a long distance home following your surgery, prepare by bringing an ice chest with a small amount of ice, Ziploc bags and dry wash cloths with you for use in traveling home.

- **Medications:**

- Apply the prescribed eye ointment sparingly to the suture line and in the eyes as your surgeon recommends following surgery. If your surgeon ordered eye drops in addition to ointment, use the drops prior to using ointment. Ointment will blur your vision. Do *not* tug on surgically corrected eyelids to place the medication in the eye, but rather apply it to the rim of the lower eyelid and lay back momentarily to allow the ointment to melt into your eye.
- Use prescription pain medication or Tylenol for discomfort following surgery. Follow prescription guidelines when taking pain medications and take with food to avoid a queasy stomach.
- If you were prescribed medication to treat nausea, take according to directions.
- If you were on blood thinning medication (e.g., Aspirin, Coumadin, Plavix, etc.) prior to surgery, you will be given specific written instructions when to resume the medication.
- Continue to take all of your other prescription medications or eye drops as you normally do.
- For “dry eye” sensation after surgery, we recommend any of the “over-the-counter” artificial tears (e.g. Celluvisc, Systane, Refresh Tears etc.). Do *not* use any of the “get the red out” drops such as Visine or Murine.
- We have medication available at cost that promotes wound healing and minimizes scarring. If interested, ask our staff or your doctor for more information.

- **Personal Hygiene:**

- For most procedures you may shower 24 hours after surgery, gently cleaning your face with running water. You will be given specific instructions on the discharge instructions. Use caution with soap and shampoo in the eye area the first few days following surgery.
- Do not apply eye make-up or concealer to cover bruises until approved by your surgeon.
- Do not wear contact lenses until given permission.

- **Activity**

- Limit your activities for several days. Rest for the first 24 hours with your head elevated on 2-3 pillows, or by sitting in a recliner. Avoid aerobic exercise, heavy lifting or bending at the waist for 7 days unless your surgeon advises you otherwise. You may drive as your vision permits, but do not drive or drink alcoholic beverages when taking prescription pain medications. Your surgeon will determine when you are ready to return to work; this is usually delayed several days after surgery. Avoid prolonged sun exposure in the first few weeks following surgery while healing continues. Protect your eyes by wearing sun glasses and a brimmed hat. You may use sun block after the stitches are removed. If you need assistance choosing sun block or a hat, please let us know.

We hope your eyelid surgery is a positive experience. We welcome your feedback regarding the care you received. The entire staff at TOC Eye and Face would like to extend to you our best wishes for a rapid and comfortable recovery from your surgical procedure.

John W. Shore, M.D., F.A.C.S.

Sean M. Blaydon, M.D., F.A.C.S.

Tanuj Nakra, M.D., F.A.C.S.

Malena M Amato, M.D., F.A.C.S.

Vikram D. Durairaj, M.D., F.A.C.S.

Emily M. Bratton, M.D.

(Revised 06-2016)