

AFTER YOUR EYELID SURGERY

- For the first 48 hours after surgery, you should rest with your head elevated, in bed using two-three pillows, or in a recliner. Avoid straining or bending over. To prevent swelling, apply clean cold compresses to the eyelids as much as possible until you go to sleep. The hospital will provide a terry cloth eye wrap that holds plastic bags you can fill with ice. Alternatively, a Ziploc bag may be partially filled with ice cubes or a bag of frozen peas may be placed over a moist gauze or towel. Commercially-available gel-filled vinyl masks may also be used.
- Pain after surgery is usually mild and able to be controlled with Tylenol. You have also been given a narcotic pain reliever if needed. Avoid using aspirin or ibuprofen for 14 days. Severe pain should be reported to Dr. Lawrence immediately.
- If your stomach is not upset, you may resume your normal diet. If you do feel some nausea, limit your first meal to liquids such as soup or juice. Use your anti-nausea medications as needed.
- It is normal for the eyelids to become red, swollen, and bruised. A small amount of bloody fluid draining from the wound is normal for as long as a week. Brisk bleeding not responsive to gentle pressure and ice along the incision should be reported to Dr. Lawrence immediately. An ophthalmic antibiotic ointment should be gently applied to any stitches before going to bed, and then twice a day thereafter for one week. Use a clean fingertip rather than a dry Q-tip, which may leave behind cotton in the stitches. Use your prescribed eye drops as directed for one week.
- Take the Arnica and Bromelain supplements as directed to prevent bruising. Take the Medrol Dose pack as directed to prevent swelling. Take prescribed antibiotics to avoid infection.
- Bending and straining should be avoided for two weeks. Moderate exercise (normal walking) may be resumed in one week. Avoid vigorous exercise (jogging) for two weeks and swimming for four weeks.
- You may shower and wash your hair 48 hours after surgery. You may color your hair at any time after surgery.
- Sutures are removed 1 week after surgery. Please call the office to make your post-operative appointment. It is not unusual for some of the sutures to untie or break after several days. As long as the incision remains closed, this is seldom a cause for worry.
- Occasionally the eyelids do not close fully during the first six weeks after surgery. During the day, the use of any over-the-counter artificial tear preparation may be soothing. At night, a lubrication ointment may be placed directly on the eye.
- After three days, the light application of a concealer make-up to the upper cheek area may help to camouflage any bruising. Eye make-up and contact lenses may be used two weeks after surgery. Bruising is usually resolved in 2-4 weeks; swelling may persist for up to 6 months.
- The incision may turn red, slightly elevated, or bumpy in the weeks following surgery. The scar will then continue to fade and soften for about six months. The incision may feel slightly tender for a few months. Itching is common. Any tight feeling or eyelash numbness will disappear over several months.

- Imbalances between the two sides are common for the first few weeks to different degrees of swelling and anatomical variations. A small percentage of patients, after 1 year, may require revision to improve symmetry.

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