

## **UPPER AND LOWER EYELID SURGERY AFTERCARE INSTRUCTIONS**

- If you received anesthesia during the procedure, you will be sleepy for the rest of the day and maybe tomorrow. **DO NOT** drive, operate any machinery, or do anything requiring coordination for the rest of the day. Do not sign any legal documents or make any important decisions in the next 24 hours. After anesthesia, you should breathe deeply each waking hour in order to keep the lungs clear.
- On the day of your surgery and during that night, you should have a responsible adult to be with you or for your protection and safety. You may go to the bathroom with assistance.
- Use medications as instructed. Many patients find Tylenol to be adequate to control postoperative discomfort. **DO NOT** take aspirin products or nsaid (e.g. Ibuprofen, Advil, Aleve, Motrin, Naproxen, Excedrin). If any of these are prescribed to you by another physician, please advise our office.

### **DIET**

- For the first 24 hours after surgery we recommend a light diet. We do not recommend *any alcoholic beverages for 24 hours after your procedure. After that, we do not recommend combining your postoperative pain medication with alcoholic beverages.* After the first 24 hours you may advance to a regular diet as you can tolerate.

### **YOUR DRESSING**

- You will not have a dressing if you have eyelid surgery. You may leave the ASC with an ice pack on your eyelids.

### **Prescriptions and things to have for lower eyelid surgery:**

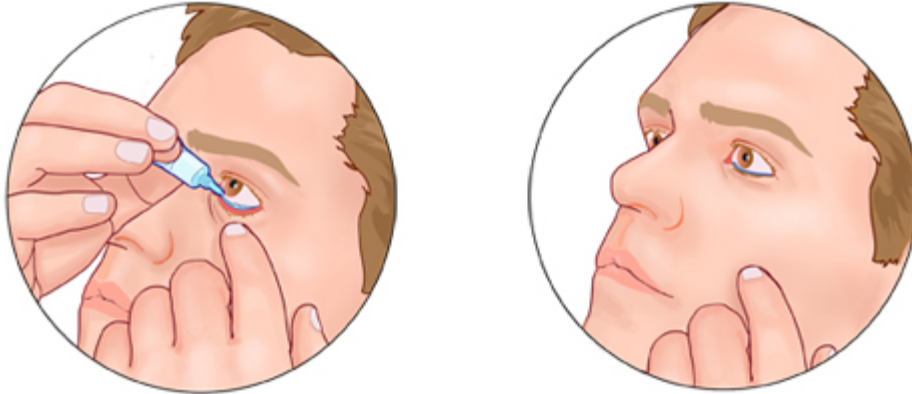
- Normal Saline Eye Drops (Over the Counter)
- GenTeal Tears Lubricant Eye Ointment/Drops (Over the Counter)
- Prescription Maxitrol Eye Drops
- Prescription Maxitrol Eye Ointment
- Prescription Pain Medication
- Prescription Nausea Medication
- Aquaphor (for upper eyelids)
- Stool softeners

Instill normal saline eye drops as needed throughout the day to alleviate dry eye symptoms while awake. Apply GenTeal lubricant eye ointment at bedtime to moisturize eyes while you sleep.

Maxitrol EYE DROPS – Instill two drops three times daily for the 1<sup>st</sup> week, then two drops twice daily for the 2<sup>nd</sup> week. Then stop use unless otherwise directed by Dr. Patel.

Maxitrol OINTMENT - Apply inside the eye (conjunctival sac) at bedtime for 2 weeks.

Tilt the head back slightly and pull the lower eyelid down with the index finger to form a pouch. Place a small amount (about one-half of an inch) of the ointment into the pouch. Look downward before closing eyes.



## WOUND CARE

- Wound care is extremely important and can help with healing. Please follow the instructions carefully.
- 1. Use saline eye drops as needed to prevent dryness and irritation. Use frequently the first 48hrs
  2. Sleep with the head of the bed elevated or use 2-3pillows.
  3. Apply a thin layer of Aquaphor over the incisions twice a day.
  4. Use GenTeal tear lubricant eye ointment *in* eyes at night right before bedtime and more frequently if eyes feel excessively dry.

## EYELID SWELLING AFTERCARE

- **Ice Compresses**
  1. For the first 2 days only, apply ice compresses against the closed eyelids for 10 minutes each hour while awake.
    - A) Use a cold pack or a bag of frozen peas and wrap in a clean soft washcloth OR
    - B) Place a cup of crushed ice into a Ziploc bag and wrap in a clean soft washcloth if it is too cold.
  2. Do not interrupt sleep for ice application.
- **Warm Compresses – BE CAREFUL TO NOT BURN YOURSELF**
  1. For days 3 to 7, apply a warm compress against the closed eyelids for 5-10 minutes 4 times per day.

- A) Take a clean washcloth and wring it out in warm tolerable water.
2. Do not interrupt sleep for warm compress application.

### **WHAT IS NORMAL**

- You will probably experience moderate discomfort for 2 to 3 days after surgery.
- Slight oozing of blood from the incision site over the first 2 days.
- Swelling, which is the body's way of healing, can last for several months; the swelling will likely be worse on day 2 or 3 after surgery and then improve significantly over the next several weeks.
- Some black and blueness which is associated with healing; because of gravity, the black and blueness may settle down into your cheeks. All patients are different: sometimes the bruising is gone in less than a week, other times it lasts 2-3 weeks.
- Feeling of dryness (like there is sand in your eye) or excessive tearing; lubricating eye ointment and artificial tears at least 4 to 6 times a day will help this.
- Some blurry vision from swelling and ointment.
- Take comfort in the fact that the "tight" feeling, numbness, bumps and irregularities, are normal after surgery and slowly improve over months.
- The body heals a surgical scar in slow stages. Gradually improving surgical scars and contours can be expected **for up to 1 year after surgery**.
- As the bruising and swelling start to decrease and you start to pick up some more of your normal routine, you will feel more like your normal self.

### **WHAT TO AVOID**

- Driving or operating heavy equipment after sedation or while taking prescription pain medication.
- Heavy lifting or strenuous activities for 7 days.
- Makeup until the sutures are removed or the incision lines are well healed.
- Sun exposure; if you must go into the sun, wear a large brimmed hat and sunscreen.
- Sleeping flat. Place 2-3 pillows behind head at night as it will help with swelling.
- Smoking/tobacco as these slow the healing process.

### **AFTERCARE ACTIVITY**

- You may resume showering and shampooing 2 days after your surgery date. Try to keep the dressing dry.
- The **ONLY** exercise for the first 3 weeks is walking: Outside walking is ok after 2wks.
- You may return to the gym after 4wks, doing only one-half of your usual regimen and take 3 weeks to return to your regular regimen. Weight, machines, running, swimming, golf, tennis, yoga, and Pilates after 3 weeks
- Please refrain from sexual activity for 3-4 weeks.
- For the first 3 weeks lift no more than 10 pounds.
- You may return to sedentary work 2 weeks after your surgery.

- Please refrain from driving a car for at least 3-5 days after your surgery date. After 3-5 days you may resume driving if you feel comfortable. Please ensure you are off all narcotic pain medications before resuming driving.

**Call Dr. Patel on his cell phone (253)733-7048 if you experience the following:**

- A sudden, severe decrease or dimness in your vision.
- Severe, unrelenting, or stabbing pains, particularly if it is associated with vomiting or fever.
- Extreme swelling around the surgical area that is very hot, firm, or tense.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medication; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 101 degrees.
- If you have any yellowish or greenish drainage or notice a foul odor.
- If you have (excessive) bleeding or saturation of the dressing. A small amount of bleeding may appear on the dressing or pad.
- If you have an increase in pain after the first 48 hours.
- If you experience persistent nausea or vomiting.

**If you experience a medical emergency and are unable to reach the doctor on call, go to the nearest emergency room.**