

## INSTRUCTIONS FOLLOWING EYELID SURGERY

**Please keep these instructions on hand for review until you are completely healed from your procedure.**

### Care Of The Incisions

- Clean suture lines with hydrogen peroxide and a Q-tip six times daily. Apply Lacrilube, Bacitracin, or Resurfix to sutures after cleaning.
- Apply lacrilube to the whites of your eyes at bedtime and any time that they feel dry or irritated.
- Apply a cold compress to your eyes 15-20 minutes every one to two hours for the first 24-48 hours.
- Expect to have some thin watery blood tinged drainage from the incisions. If actual bleeding occurs, go to bed, elevate your head with 2 or 3 pillows, apply cold compresses over the eyes, and have someone report it to me by telephone.

### Medications

- Take your prescribed medications as directed. Usually taking two Tylenol will relieve any discomfort. If this is not effective, you may take the pain medication as prescribed. Eyelid surgery usually causes little if any postoperative pain. If you notice significant sharp or dull pain that persists, notify Dr. Bigelow immediately.
- Do not take aspirin or aspirin-containing medications for 10 days after surgery. Other routinely taken medications may be taken as necessary.

### Activity

- Sleep on your back and with your head elevated.
- You may take a bath and wash your hair the day after surgery, but do avoid getting your eyes wet. Your face may be gently cleansed with a damp cotton ball.
- Do not use contact lenses for at least 2 weeks. Pulling on the eyelids while inserting or removing the lenses may interfere with the incision healing. Glasses may be worn.
- Do not use eyeliner, mascara, or eye shadow for 10 days. Minimal makeup applied to bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
- Do not engage in vigorous exercise or sports for at last 3 weeks. Avoid bending over, straining, or lifting heavy objects for one week.
- Avoid sunning the face for 4 - 6 months without strong sunscreen.

- Your return to work depends on the amount of physical activity and public contact your job involves in addition to the amount of swelling and discoloration you may develop. Most patients return to work 7- 14 days after surgery.

### Expectations

- The amount of swelling varies. It is usually worse in the mornings and always eventually subsides.
- You will have numbness of the lids for several months; this will be most noticeable to you when applying makeup.
- Expect some bruising and discoloration around your eyes and face. It usually lasts 7 to 14 days. You will be able to camouflage the discoloration using make-up after several days. The whites of the eyes may become partially discolored. This is a form of bruising, is painless, will not harm vision, and disappears eventually.
- Any unevenness of the edges or lumpiness of the incisions is usually temporary and will subside with the time. Small cysts which resemble whiteheads may appear near the upper lid incisions. We will treat these in the office.
- You may experience some blurring of vision for two or three days after the operation; this will clear spontaneously.
- It is not unusual to go through a short period of mild depression after your surgery. Not matter how much you wanted the operation and how much you were told what to expect after the surgery, you may still be a little shocked when you see the face and eyes swollen and perhaps discolored. Be realistic and understand that this is a temporary condition which will subside. The best “treatment” consists of staying busy with the details of postoperative care and trying to divert one’s mind.