



Postoperative Eyelid Surgery Instructions

The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after surgery only.

Diet:

- You may resume a normal diet.

Activity:

- You must rest quietly for 48 hours after surgery. Too much activity may cause bleeding. Be sure to avoid bending, lifting more than 15 lbs., or straining for one week. You can then slowly increase your activity, but avoid vigorous exercise for 1 week.
- For the first 48 hours after surgery, do not drive a car or engage in activities that depend on your coordination. The medication and/or anesthetic agents may affect your judgment and coordination.
- You may shower in 24 hours, but keep the water from hitting the face directly. No tub bath, swimming, or whirlpool for 1 week.
- Avoid sun exposure to the surgical site for 2 weeks.
- Avoid contact lenses for 2 weeks.
- You may wear make-up after 1 week. Avoid makeup on the incision line for 2 weeks. You want the skin incision to be completely closed over before applying any makeup over it to avoid causing infection of the wound or pigmentation of the scar
- Swelling should be expected after surgery. To help reduce it, use cold, wet compresses. To make a cold compress, place a tray of ice cubes into a bowl and add a quart of water. Soak a washcloth in the ice water, wring about half of the water out, fold a clean washcloth in half, and gently place it on your eyelids. Repeat the process when the washcloth becomes warm. Do this as much as possible for the first 48 hours.
 - The onset of swelling is most significant the first 48 hours after surgery which is why applying cold compresses routinely during this time helps to mitigate it
 - Postoperative swelling is the most prominent the first 2 weeks after surgery. It greatly reduces by week 3.
- Sleep for the first week with two or three pillows behind you, or in a recliner to keep your head above your heart. This will also help to reduce swelling.

Wound Care and Hygiene:

- You can expect a small amount of bleeding. In most cases the bleeding will be reduced by the cold, wet compresses. Propping your head up with extra pillows when you lie down also reduces bleeding. Call your Surgeon if you have brisk bleeding.
- Bruising will typically take 2 to 3 weeks to clear. It may take longer for some patients who are on blood-thinners. Cold compresses for the first 48 hours after surgery will help to reduce it.
 - The cold helps to constrict the open blood vessels and decreases the leakage occurring from them.
- After 48 hours the blood vessels typically close by this time, and warm compresses may be started to reduce bruising. The warmth helps to increase the blood flow in this area and help to clear away the bruising.
- Your stitches may be absorbable. To absorb, they must be kept moist with ointment. Non-absorbable stitches will be removed within the first two weeks after surgery. Keep the incisions clean and dry.
- Do not rub or apply pressure to the eye.

Anesthesia Precautions & Expectations:

- After anesthesia, rest for 24 hours. Do not drive, drink alcoholic beverages or make any important decisions during this time. General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms can last for one or two days.

What to Expect after Surgery:

- Mild discomfort, swelling, bruising. The swelling and bruising usually get worse for a couple days before they start to resolve. A little spotting of blood from the wound(s) is also normal.

Call your Doctor for:

- Worsening vision or pressure, worsening pain, inability to open the eyes, fever, or any questions or concerns.
- Excessive bleeding. • Persistent nausea and vomiting. • Pain not relieved with pain medication. • Fever over 100° F (by mouth) for two readings taken four hours apart. • Problems urinating or emptying your bladder. • Incision or drain sites become more painful, swollen, red and/or feel warmer than usual. • Severe Chest Pain or Shortness of Breath - Call 911.

Other Instructions:

- Sleep with your head elevated or on a few extra pillows.
- Swelling should be expected after surgery. To help reduce it, use cold, wet compresses. To make a cold compress, place a tray of ice cubes into a bowl and add a quart of water. Soak a washcloth in the ice water, wring about half of the water out, fold a washcloth in half, and gently place it on your eyelids. Repeat the process when the washcloth becomes warm. Do this as much as possible for the first 48 hours.
- If prescribed narcotics: All pain medications may cause constipation and/or straining with bowel movements. Try to limit pain medication use for severe pain and supplement with acetaminophen (Tylenol®) according to the manufacturer's label for how much is recommended each day. Increase your activity and walk as often as possible to help prevent constipation. Also increase fluid and fiber in your daily diet. Try to avoid fluids that contain caffeine or alcohol. For constipation and/or straining with bowel movements, you may take: 1. Over-the-counter Docusate (Colace®) : 100 mg tablets, 1-2 tablets by mouth 1-2 times a day as needed. (Stop/hold for loose stools) 2. Over-the-counter Polyethylene Glycol (Miralax®): 17 grams (1 capful) by mouth daily as needed. (Stop or do not take with loose stools) And/Or 3. Over-the-counter Docusate/Senna (Senokot®): 1-2 tablets by mouth 1-2 times a day as needed. (Hold for loose stools).

Surgery and Smoking:

- Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complications increases.

Medications:

Prescribed ointment to suture lines 3 times daily for 1 week

Pain medication as prescribed OR Tylenol as needed for pain (do NOT exceed more than 3000mg in a 24 hour period)

You will typically have your first postoperative appointment with Dr. Kauh at 1 week after surgery. At this appointment, any non-absorbable sutures will be removed.