

**WESTERN AVENUE
DAY SURGERY CENTER**

Plastic, Reconstructive and Cosmetic Surgery
Surgery of the Hand

244 WESTERN AVENUE
SOUTH PORTLAND, MAINE 04106-2496
TEL. 207.775-3446 FAX 207.879.1646

**Postoperative Instructions
for
EYELID SURGERY**

ACTIVITY

DAY OF SURGERY:

- Keep activities to a minimum (preferably have someone assist you to the bathroom).

FIRST WEEK:

- Use 2 pillows at bedtime.
- You may gradually increase your activity to your comfort level. Do not bend over from the waist (keep head up). Do not strain or do anything which requires significant effort.
- You may wash your hair on the 2nd day providing you have someone to help you wash it in the face-up position.
- Do not bend your head forward.
- No driving until permitted by physician.

MEDICATION & COMFORT:

- Take pain medications with food, following instructions on bottle. For the first day or two, have someone else give you medication according to correct time intervals, as you might forget and take it too often. No alcohol while on pain medication.
- Pain medication may cause drowsiness and may cause constipation.
- Please remember that refills will only be considered during office hours, 9 am to 5 pm, Monday through Friday. If you feel you need more pain medicine, please call during these times.

THERAPY:

- No hot or warm compresses!
- Apply re-usable ice mask for 20 minutes on, 20 minutes off for the first day until bedtime.
- Keep a gauze pad or washcloth between the ice pack and your skin.
- Continue to ice the following day and as needed.
- Gently use "artificial tears" to soften crusts on lashes or around the eye.

YOU CAN EXPECT:

- Moderate discomfort and moderate swelling.
- Black and blue discoloration.
- Blood shot eyes.
- Oozing of blood from wound edges.

Call the office (775-3446) if you have:

- Severe pain not responding to medication.
- Marked swelling or obvious swelling on one side more than the other.
- Significant changes in vision (more than mild blurring).
- Feeling of pressure behind the eye (report immediately).
- If any other question or problem arises.

OTHER:

- Leave tapes on until you return to your physician.
- No smoking for 48 hours after surgery to prevent possible bleeding and poor healing.
- Avoid prolonged exposure to the sun as long as incisions are red. Prolonged sun exposure may permanently discolor scars.

I have received the above instructions.

Signature *X* _____

Relationship to patient _____

Date _____