Postoperative Instructions for EYELID SURGERY

ACTIVITY

* Use 2 pillows at bedtime and keep your head elevated. Do not bend forward from the waist.
* Avoid sports and other strenuous activities for 4 weeks.

HOME CARE

* Do not use hot or warm compresses.
* Apply re-usable ice mask for 20 minutes on, 20 minutes off for the first day until bedtime. Keep a moist gauze pad or washcloth between the ice pack and your skin. Continue to ice the following day as needed.
* Use “BSS” eye drops to soften crusts on lashes or around the eye.
* Leave tapes on until you return to your physician.
* Avoid prolonged exposure to the sun while incisions are red to minimize scarring.
* No smoking after surgery to prevent possible bleeding and delayed healing.

WHAT TO EXPECT

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

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medications with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

* Feeling of pressure behind the eye.
* Severe pain not responding to medication.
* Obvious swelling on one side more than the other.
* Significant changes in vision (more than mild blurring).

I have received the above instructions. Signature X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_