



POST OPERATIVE LOWER EYELID SURGERY INSTRUCTIONS

Introduction

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the day of your surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

- DO NOT DRIVE FOR 24 HOURS, OR AS LONG AS YOU ARE TAKING NARCOTICS
- It is important to keep cold compresses on the eyes the first 8 hours after surgery, apply cold compresses for 20 minutes on and 20 minutes off.
- It is also important for you to keep your head elevated the evening after surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath the head. Avoid rolling onto your face.
- You may shower 24 hours following surgery, and should shower everyday following this.
- Apply two to three drops of the Soothe eye drops in each eye three times a day or as needed for dryness.
- Apply a small amount of the Erythromycin ointment to inside of lower lid 2 times a day until your post operative appointment.
- **IF A CHEMICAL PEEL TO LOWER LIDS WAS PERFORMED:** Apply a small amount of the Erythromycin ointment twice a day to lower eyelid skin with a Q-tip. Do not let this area dry out.
- Apply a nighttime ointment or gel to the inside of your eyes prior to bedtime, so your eyes do not dry out while sleeping.
- Stitches will be removed the following week.

What to expect

Swelling

Swelling will vary both patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoid bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

Discoloration

Bruising will vary like swelling from person to person as well as side-to-side. Most bruising and discoloration should resolve over the first two weeks. Make up can be applied after the stitches are removed

Dry Eyes

This can occasionally occur, especially for those patients with low tear production to begin with. With dry eyes, your eyes will feel as if you have sand in them. They may look bloodshot or develop a yellowish swelling or film. Although annoying and uncomfortable, this is a temporary condition.

Be sure to report immediately any signs of bleeding that persist after ten minutes of direct pressure, infection, redness, fever, unusual drainage, or pain.

Restrictions

- 1. DO NOT CUT OR TRIM STITCHES UNLESS ADVISED BY DR. SALDAÑA.**
2. You may resume your aspirin or blood thinners as per Dr. Saldaña's instructions.
3. No strenuous exercise for at least two weeks.
4. No heavy lifting for two weeks.
5. Wait 7-14 days prior to putting your contacts in. You may begin wearing your glasses the day following surgery.

Finally

The healing time for blepharoplasty surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for 3-4 months after.

After hours and on weekends you can call the office at 218-215-8990. **IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY PLEASE DIAL 911 OR GO TO THE NEAREST EMERGENCY ROOM.**

List of medications to pick up for after surgery:

Prescription:

Erythromycin Ophthalmic will be sent as a prescription to your pharmacy of choice.

Pain medication if given

Over the counter:

Lubricating eye drops (nothing medicated and any brand is fine)

Lubricating nighttime ointment or gel (any brand)

Extra strength Tylenol if not taking pain medication