



POST OP UPPER 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 morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

- It is important to keep cold compresses on the eyes the first 8 hours (20 minutes on and 20 minutes off) after surgery.
- 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 (or equivalent) in each eye three times a day or as needed for dryness.
- Apply a small amount of the Erythromycin ointment with a Q-tip until stitches are removed.
- At night apply a small amount of nighttime ointment or gel (any brand) to the inside of the eye to keep them from drying out while you sleep. (Due to swelling sometimes the eye will not completely shut temporarily)
- Stitches will be removed in 6-7 days.

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 two to three weeks, and avoid 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.

Restrictions

- **DO NOT CUT OR TRIM STITCHES UNLESS ADVISED BY DR. SALDAÑA.**
- **LEAVE STERI STRIPS IN PLACE, IF THEY FALL OFF APPLY NEW ONES**
- You may resume your aspirin or blood thinners as per Dr. Saldaña's instructions.
- No strenuous exercise or heavy lifting for two to three weeks.
- No swimming or using a sauna for three weeks.
- 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 upper eyelid 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.

Please do not hesitate to ever contact our office at 218-215-8990

After hours and on weekends you can call this same number. **IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY PLEASE DIAL 911 OR GO TO THE NEAREST EMERGENCY ROOM.**

List of medications to use after surgery (please pick up prior to 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 eye ointment or gel (you can use any brand)

Extra strength Tylenol if not taking pain medication