

## Instructions after Chalazion (Stye) Surgery

- 1) Carefully remove the patch 2 hours after surgery. If the patch seems stuck on the skin, use room temperature bottled water to soak the patch off and to gently clean the eyelids
- 2) After the patch is removed, apply ice compresses to your lid (15 minutes at a time) until bedtime using ice cubes in a ziplock bag, wrapped in a single paper towel. Frozen peas or freezer gel packs are acceptable. Ice helps prevent bruising & swelling of the eyelid, but don't apply ice directly to the skin since it can cause burns.
- 3) The morning after your surgery, start using moist, hot packs. Clean paper towels soaked in hot water are the best source of moist heat. Hot packs will allow the chalazion to drain and are important to keep the chalazion from recurring. Perform hot packs three times a day, 10 minutes each time, for 5 days.
- 4) Apply antibiotic/steroid ointment under the eyelid two times a day.
- 5) Tylenol is safest to take for pain. If Tylenol is not adequate, call Dr. Hidaji for a stronger medication.

## Frequently Asked Questions

### **Is it normal to have eyelid swelling and bleeding after surgery?**

Expect to have swelling, redness, and some bruising after eyelid surgery. It is normal to have some oozing of blood tinged fluid for 1 or 2 days. The swelling will be worst the morning after surgery, and will decrease thereafter. If there is steady bleeding after 24 hours, call Dr. Hidaji.

### **When can I shower?**

You should keep the eyelids clean and dry after surgery. You can shower with your head held back. Avoid hot water and steam, as these can cause bleeding.

### **When can I return to normal activities?**

Do not stoop over or lift more than 10 pounds for one week after surgery. Avoid heavy physical exertion for a week after surgery.

### **CALL THE OFFICE at 901-754-3937 if you have any questions or if:**

Severe eye pain

Thick yellow discharge from the incision

You can't see out of the eye(s) that had surgery (minor blurring is normal)

Eyelids start to swell or become red

**Anything** is getting worse - pain, discharge, eyelid swelling, bleeding, vision