



Instructions after Surgery on the Eyelid/Face

- 1) After your surgery, you will be given a Visionary Eye Care post-op kit containing supplies you will need to take care of your eyes. Note that you may not use everything in this kit.
- 2) Gently apply an ice pack for 48 hours after surgery (15 minutes on and 15 minutes off). Do not apply ice directly to your skin, since this can cause burns to the skin. Please use a single, clean paper towel under the ice pack.
- 3) If needed, gently wipe the incision with gauze moistened with the Eye Stream irrigating solution found in your post op bag.
- 4) Please tape shield back on your eye(s) prior to sleeping or napping.
- 5) Sleep with your head elevated on a few pillows (or sleep in a recliner) for two days after your surgery.
- 6) Apply antibiotic ointment twice a day.
- 7) After 48 hours, switch to warm, moist, heat packs. Clean paper towels soaked in warm water are the best source of moist heat.
- 8) Take only Tylenol or pain medication prescribed for you at the hospital. Do **not** take Motrin, ibuprofen, aspirin, Excedrin or other pain relievers.
- 9) You will receive a call from our surgical coordinator to arrange a one-week follow up appointment. If you haven't been called by noon the weekday following surgery, please contact us at 901-754-3937.

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

Expect to have swelling, redness, and some bruising after eyelid surgery. The swelling will be worst the morning after surgery, and will decrease thereafter. Ice packs will reduce the amount of swelling and bruising. A small amount of bleeding is normal in the first day or two after your surgery. If there is significant bleeding after 24 hours, please 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 (though minor blurring is normal)

Eyelids are becoming more red, swollen, or painful anytime.

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