

Post Operative Instructions For Eyelid Surgery

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1. Apply a moistened wash cloth over the eyes. Place an ice pack over the wash cloth. Remove the ice pack for 15 minutes every hour.
2. When the ice pack is off remoisten the wash cloth and cleanse the incisions by GENTLY rubbing the cloth over the eyes in the direction of the incisions.
3. Repeat the above steps for 24 hours. No ice pack is needed after 24 hours. Continue to cleanse the incisions at least 3 times a day with a moist cloth.
4. Keep your head elevated. Use at least 2 pillows when reclining. Your eyes may be more swollen in the morning.
5. Use your artificial tears every 3-4 hours and at bedtime.
6. If you have any bleeding or excess swelling call the office right away.
7. After the sutures are removed or dissolve continue to cleanse the areas until they are healed.
8. One month from the day of surgery you may begin to gently massage the incision sites as many times per day as you can. This is to be done with lotion on your fingers applying light pressure in a circular motion.
9. If tapes are applied after the sutures are removed leave them on for at least 5 days. You can wash over them and remove them after 5 days if they have not already come off.
10. Keep eyes (incisions) out of the sun for at least 4 months. Use sunglasses, sunscreen and a hat if you are going to be out.