

Post-Operative Instructions First Week After Surgery

Congratulations! You have made it through the most demanding part of your recovery, but what you do now still has significant impact on your healing.

1. If you are using an ANTIBIOTIC OINTMENT for your eyes, you may STOP it, if you wish. Expect your vision to be somewhat blurred for up to three days after stopping the ointment.
2. Please FINISH taking all of your ANTIBIOTIC PILLS, if you have any left.
3. If you decided to take VITAMIN SUPPLEMENTS to decrease bruising, please follow the directions to COMPLETE them as instructed.
4. If you have not already resumed taking all your USUAL MEDICATIONS, including aspirin, blood thinners and usual eye drops, you may DO so now.
5. If you still have bruising, you should CONTINUE your WARM COMPRESSES directly over the bruises as much as possible until all discoloration is gone. Warm compresses increase eyelid swelling today, but decrease bruising over the long run. Do NOT use COLD compresses, as these will slow healing.
6. Apply NO MAKEUP over your wounds for 3 days after suture removal, or you may tattoo your wounds forever!
7. AVOID CONTACT LENS use for 3 weeks after surgery (2 weeks after suture removal).
8. Be GENTLE with your wounds. Incisions in the eyelids may be pulled apart up to 3 weeks after surgery, so please, NO high diving or kick boxing.
9. AVOID SUNLIGHT and UV exposure to your wounds as long as they are pink. This may take as long as 3 months after surgery. Dark sunglasses and/or a wide-brimmed hat with a dark under brim usually suffice. A light under brim will reflect light back into your face. Liquid sun block around the eyes is generally discouraged, as it may drip into the eyes and cause severe irritation. We advocate for powdered, occlusive sun block. *
10. If you have been instructed to MASSAGE your wounds, do this diligently. The MORE you massage, the FASTER your wounds will HEAL. You may begin your massage in 2 weeks (3 weeks after surgery). USE a tiny amount of Vit. E from capsules on your fingertip as you massage, ideally 2x a day and a "billion" times a day without Vit. E.
11. You may also begin your SQUEEZING exercises, if you have been instructed to do so. The MORE you squeeze your eyes, the faster they will become comfortable.
12. Unless instructed otherwise, resume full ACTIVITY (i.e., exercise) 10 days following surgery. If you feel pressure at your operated area(s), then back off on your activity for a few days.
13. You MAY swim in standing water 3 weeks after surgery.

**Ask us if you need one.*