

POST-OPERATIVE INSTRUCTIONS FIRST WEEK AFTER SURGERY

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PATIENT NAME: _____ DOB: _____ Today's Date: _____

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. ANTIBIOTIC OINTMENT: If you are using an ANTIBIOTIC OINTMENT for your eyes, you may STOP if you wish. Expect your vision to be somewhat blurred for up to three days after stopping the ointment. If you have a lot of eyelid swelling or a lot of fat was removed, your vision may be somewhat blurred for a couple of weeks.

2. ANTIBIOTIC PILLS: Please FINISH taking all of your ANTIBIOTIC PILLS, if you have any left.

3. MEDICATIONS: If you have not already resumed taking all your USUAL MEDICATIONS, including aspirin, blood thinners and usual eye drops, you may DO so now.

4. PRE-OP VITAMINS: If you decided to take VITAMIN SUPPLEMENTS to decrease bruising, please follow the directions to COMPLETE them as instructed. If you did not, this portion does not apply to you.

5. BRUISING: If you still have bruising, you should CONTINUE the WARM COMPRESSES directly over the bruises as much as possible until all discoloration is gone. Warm compresses increase eyelid swelling today but decrease the bruising. DO NOT RETURN TO COLD compresses, as these will slow the healing process.

6. MAKE UP: Apply NO MAKEUP over your wounds for 3 days after suture removal, or you may tattoo your wounds forever! BE VERY GENTLE WHEN REMOVING MAKE UP for 3 weeks (21 days) AFTER surgery. Hard pulling may tear your incision apart.

7. CONTACT LENS: AVOID contact lenses and eyelid manipulation for 3 weeks (21 days) AFTER surgery.

8. GENTLE: Be very GENTLE with your wounds. Incisions in the eyelids can easily be pulled apart up to 3 weeks (21 days) after surgery, so please, NO kick boxing, exaggerated eyebrow elevation or washcloth rubbing.

9. EYE SHIELDS/SUNGLASSES: To prevent unintentional trauma at night, continue wearing the eye shields or sunglasses while sleeping for another 2 weeks (14 days) AFTER today.

10. SUNLIGHT: AVOID sunlight and UV exposure to your wounds if they are still pink. This may take 3 months or longer after surgery. Dark sunglasses and/or a wide-brimmed UV-blocking 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 (*ask us if you need one*).

11. SQUEEZING: Begin hard eyelid SQUEEZING exercises 2 weeks (14 days) AFTER surgery. The MORE you squeeze your eyes, the faster they will become comfortable. Close, squeeze and release. This can be done a million times a day.

12. MASSAGE: If instructed, begin massage at the outer corner of your eyes 3 weeks (21 days) AFTER surgery. The MORE you massage, the FASTER your wounds will HEAL. USE a tiny amount of Vitamin E from capsules on your fingertip as you massage, ideally 2 times a day and a "billion" times a day without Vitamin E.

13. ACTIVITY: Unless instructed otherwise, resume full ACTIVITY (i.e., exercise, walking, etc.) 10 days following surgery. IF you feel pressure at your operated area(s), then back off on your activity for a few days.

14. SWIMMING: You may swim in standing water 3 weeks (21 days) after surgery. Tight fitting swimming goggles may eventually damage your eyelid surgery and you may wish to switch to a larger mask.