

DR. PATRINELY and DR. SOPARKAR
Post-Operative Patient Information
Eyelid Surgery

Name:

DOB:

Date of Surgery:

50 % of the outcome from your surgery depends upon you and the care that you take of your wounds. Your part is VERY important and determines how much you bruise and how quickly you heal.

1. For 2 weeks, perform **NO** heavy lifting, bending with your head below your heart, or straining — nothing that will turn your face red with exertion. Bend your knees, not your back to stoop.
2. Put an old towel over your pillow, in case your wound(s) drip a little blood during the first night. In the morning, you may soak off any scabs, but do NOT rub your wounds.
3. At least 3-4 nights, sleep with your head elevated (use 2-3 pillows, or a recliner).
4. Use cold compresses as much as possible on your wound(s) for the first 48 hours. The more cold compress you apply, the less swelling you will experience. **(see over)**
5. **It is normal for swelling to worsen for the first two days, especially in the mornings.**
6. After 48 hours, switch to warm compresses. **Apply for 10-15 minutes over your eyelid/s ONCE every hour while awake** until bruising is gone. **(see over)**
7. If you have tape over your wound(s), the tape will fall off by itself. Please do **NOT** pull the tape off. **Shower or bathe from the neck down on the same day as your surgery**. Gently wash your face with a washcloth as needed. The following day, you can wash your face and hair in the shower, as long as you do not apply the spray directly on your eyes.
8. You will be given or prescribed an antibiotic ointment. **On the day of surgery**, apply the ointment **IN** your operated eye(s) and **ON** your wound(s) or incision(s) 3 times (*once after surgery and two separate times at home*). **After the first day**, apply the ointment only **ON** your wound(s) or incision(s) 3 times a day for one week. The ointment may blur your vision.
9. Resume all your usual medications except aspirin, Motrin, Advil, ibuprofen Aleve, Naproxen. If you need to take pain medication, please use Tylenol for the first week. If that is not enough, let us know. If you are taking a blood thinner, ask your doctor when to resume it.
10. If you decided to purchase Vitamin Supplements to decrease your bruising, don't forget to take them as instructed.
11. Apply **NO MAKE-UP** over your wounds for 3 days after suture removal, or you may tattoo your wounds forever!
12. **AVOID SUNLIGHT** and **UV** exposure to your wounds. 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. Sun block around the eyes is generally discouraged, as it may drip into your eyes and cause severe irritation.
13. **Please return to our office on**

Please contact our office at (713)-795-0705 if you develop any of the following:

- Continued bleeding beyond 24 hours
- Excessive bleeding
- Increased pain
- White, yellow or green discharge from your wound(s) more than 4 days after surgery
- Fever (oral temperature greater than 100 degrees)
- Other serious concerns

COLD and WARM Compresses

COLD:

1st and 2nd day (or first 48 hours)

Fill a snack-size bag with frozen green peas. Wrap the bag with a WET paper towel, this makes a great cold compress. A damp paper towel helps to transmit the cold temperature more effectively. For best results, keep the compress on constantly, but change the bags every 20-30 minutes as the peas thaw or warm up. For application to both eyes, 6 to 8 snack-size bags of peas are usually sufficient to rotate through the freezer. In general, cold compresses are applied for only the first 48 hours. The purpose of cold is to cause blood vessels to spasm. This decreases the degree of swelling immediately after tissue injury.

Remember, you do not need to wake up to change the cold compress at night. Keep it on to provide compression and protect your eyelids. After, the first two nights, use eye shields or eyeglasses while sleeping for 3 weeks.

After 48 hours of cold compresses, switch to warm compresses until all the bruising is gone.

WARM:

After 48 hours and until the bruising is gone

Fill a clean, cotton sock with 2 cups of raw rice and tie it closed with a string. Microwave to your desired temperature (*be careful not to burn yourself*). Place a folded WET paper towel over your eyes and rest the warm compress on top. Apply for 10-15 minutes ONCE every hour while awake. Consistent use of warm compress will help the bruises vanish faster. If additional swelling occurs upon starting the warm compresses, do not be alarmed, this is normal and will subside.

If your eye(s) become irritated or red, you may use over-the-counter artificial tear drops for comfort as much as you like. We suggest Retaine®, Systane®, and Refresh® brands, or any preservative-free lubricating eye drops. For more specific tear supplement information, visit "Mastering Tear Supplements" on our website www.plasticeyesurgery.com.

IMPORTANT NOTE: It is normal for swelling and bruising to worsen for the first few days, especially in the mornings. DO NOT BE ALARMED.