

## **EYELID SURGERY POSTOP INSTRUCTIONS**

**Please read and become familiar with these instructions BEFORE and AFTER surgery. By following these instructions carefully, you will assist in obtaining the best possible result from your surgery.**

1. You will leave the operating room with cold, moist eye dressings in place. These can be removed before you leave the recovery area. During the rest of the day and early evening, you may apply such ice-cold compresses (use a washcloth and ice water) to your eyes for 20-30 minutes at a time every 1 to 2 hours. After the first day, such compresses are neither necessary nor of any benefit.
2. Twice a day you should apply a thin layer of ophthalmic antibiotic ointment (provided) over the incision lines to minimize crusting and improve healing. Do NOT apply vitamin E or any other ointments or medications unless we prescribe them!
3. Eyelid surgery usually causes little if any postoperative pain. If you notice a significant sharp or dull pain that persists, notify my office immediately.
4. Your sutures, if the non-dissolving type, will be removed in my office between 5 to 7 days after surgery.
5. Strenuous exercise and sports should not be undertaken for 3 weeks.
6. Do not use contact lenses for at least 2 weeks. Pulling on the eyelids to insert or remove lenses may interfere with precise incision healing. Glasses may be worn at any time.
7. You may use your eyes for reading or TV viewing as frequently as you wish.
8. For the first two weeks after surgery, sleep on your back or side with your head elevated on two pillows.
9. DO NOT SMOKE for at least two weeks after surgery (and preferably one month).
10. DO NOT TAKE ASPIRIN, ANTI-INFLAMMATORY MEDICATIONS (such as MOTRIN or ADVIL) or any products containing these blood thinning compounds for 14 days after surgery. Other routinely taken medications may be taken as necessary. Tylenol is safe to use at any time.
11. You may experience some slight itching and tightness of the eyelids during healing. This is normal.

12. Some swelling and mild bruising of the eyelids is normal and often unavoidable after eyelid surgery. The degree of this will vary widely from patient to patient depending on each individual's unique tissue type and healing characteristics. Do not be concerned if you have more or less than others who have undergone the "same" operation. Generally most patients appear quite socially acceptable within 10-14 days after surgery, if not sooner. Any bruising that occurs usually clears within the first two weeks.
13. Any noticeable redness of the whites of the eyeball is simply a form of bruising and will subside during the early healing process.
14. Do not apply makeup (mascara, eyeliner, eye shadow) to your incision lines until 10 days after surgery.
15. Healing incisions appear pink in color. With the passage of time, the pink will become white and blend in with the eyelid skin.

Careful observation of these instructions will help ensure that your recovery is smooth, your surgical result optimal and your overall experience positive. We very much appreciate your confidence in allowing us to help you achieve your aesthetic surgical goals. If you should have any questions or concerns during your recovery, do not hesitate to call my office at 785-309-0900 or 1-866-760-0900y

Sincerely,

David A. Hendrick, M.D.