



POST OPERATIVE EYELID SURGERY

NAME:

General

Prominent swelling and bruising of eyelids (both upper and lower) is common in the first few days post operative. This will improve over 1-2 weeks with ice packs

Do's

- 1) Remove the dressing (if you have a dressing) on the first morning after surgery (**if instructed to do so**).
- 2) Bath the area with cooled boiled water and clean cotton ball, tissue, gauze which is thoroughly saturated.
- 3) Use ice packs 30 minutes per hour 4-6 times daily for the first week after surgery to reduce the swelling / bruising.
- 4) Wear glasses and sunglasses as comfort permits.
- 5) Keep dry for the first 48 hours then wash in shower normally. Use ointment to the wounds prior to showering. Pat dry the wounds then reapply ointment.
- 6) Watch TV and read as comfort permits.

Don'ts

- 1) As you have just had eyelid surgery, you should expect some bruising, swelling and irritation. This can last up to 10 days, even longer. Do not rub area.
- 2) To reduce bleeding you should avoid vigorous physical activities for 1 week
- 3) Do not swim for 2 weeks.
- 4) For pain take: Panadol, Panadeine or Panamax. Please **discuss with your doctor prior to taking** Aspirin, Solprin, Disprin or Nurofen.
- 5) Do not drive if you have a patch covering one eye.
- 6) If your eyes feel gritty, this usually resolves within 24-48 hours.

Your vision may also be blurred, this is due to the ointment which was applied to your eye at the completion of surgery. It will resolve once the ointment absorbs.

Do not drive if you have a patch over one eye.

Using your eyes will not affect the outcome, so you may perform normal activities as comfort allows.

You may have stitches which may dissolve on their own, or your doctor may remove them 5 to 10 days after surgery

Medications

Restart Aspirin / Warfarin / Eliquis / Xarelto.....

Use the following medications for 1 week unless instructed otherwise:

- times per day
- times per day
- times per day

If you have any problems with pain, decrease in vision or excessive discharge or excessive bleeding, please call the **rooms on 8353 6768** during office hours.

Your appointments are as follows

Date at.....**am/pm**

Date at.....**am/pm**