



Rest and relax for at least 5-7 days after surgery without strenuous activity.

Apply **ICE PACKS** (Ziploc bags with peas, gauze soaked in ice water or frozen gel packs) to your eyelids for 20 minutes every hour while awake for **48-72 HOURS** after surgery. Place a tissue between the ice and the skin. Icing is not necessary after 72 hours.

Mild oozing is normal in the first 1-2 days. If there is brisk or persistent bleeding, hold firm pressure on the area with a gauze for 10 minutes. If it persists, call the office.

If you DO have steri-strips/bandages on your incision(s): Do not put ointment on the bandages. **If you DO NOT have steri-strips/bandages on your incision(s):** Apply a small amount of the prescribed ointment to the incision **FOUR** times per day with a Q-tip until the sutures are removed.

You may be prescribed eye drops to use in the eye(s) after certain procedures. Otherwise, if your eye(s) feel dry or irritated, you may use over the counter artificial tears 3-4 times per day **OR** the ointment (if prescribed) **IN YOUR EYE(S)** for comfort. Please note that the ointment will make your vision blurry.

Examples of artificial tears (over the counter) to use 3-4 times per day: Systane Balance, Refresh, or Blink artificial tears.

Sleep with extra 1-2 pillows and keep your head elevated during the day. Avoid sleeping on your face. You **DO NOT** have to sleep in a recliner.

AVOID dusty or dirty environments and sun exposure (wear large sunglasses). AVOID any make-up close to the incisions for 2 weeks. Do NOT wear contact lenses for at least 10 days following surgery.

DO NOT touch, rub, or itch your incisions. Take Benadryl if you have itching. If scabs form on the incisions, do not pick at them. Use warm compresses as needed for comfort after the first 48 hours.

You can shower 24 hours after surgery, but avoid soap/water directly on the incisions.

AVOID any activities that may increase blood flow to your eyelids or raise your blood pressure for 1 week: bending over, picking up heavy items (anything greater than a milk jug), sports and sexual relations. Light activities (walking) are fine after day 3.

You will have bruising and swelling. This usually peaks at 48-72 hours. One side may be more swollen and/or bruised. This may extend down to your cheeks due to gravity. This may result in swelling and bruising of your lower eyelids and/or cheeks while during the healing of the process. The swelling & bruising may last for up to 3-4 weeks (average 1-2 weeks)

Your sutures will be removed 6-8 days after surgery depending on your procedure and how you heal

You may resume driving as soon as you feel that it is safe to do so, usually after 48 hours.

CONTACT THE OFFICE IMMEDIATELY IF

- You develop a fever, extreme swelling, or yellow/green discharge from the incision or from the eyes
- There is a sudden loss of vision, double vision or rapidly forming hematoma that is firm and/or results in inability to open the eye

- Bleeding persists despite 10 minutes of firm pressure with gauze and ice
- The incision opens up