

EYELID SURGERY MINOR

Surgery Date: _____ Place: _____ Arrival Time: _____

TWO WEEKS BEFORE SURGERY:

1. Some medication can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 1 week before surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you are having surgery with sedation, please be sure arrangements have been made for a responsible adult to pick you up after surgery..

EVENING BEFORE SURGERY:

1. In preparation for after surgery, place two pillows for elevation of your head & shoulders on your bed.
2. Pick up any eye medications and eyelid supplies. This would include refresh plus eye-drops and refresh PM ointment. Also, pick up any other medications prescribed in advance.
3. Supplies include: medial tape, eye-pads, Q tips and gel packs as instructed.

MORNING OF SURGERY: Be at our Office

1. Avoid large meal within several hours of minor procedure.
2. Do not wear hairpins, jewelry, contact lenses, or makeup. Dress in loose-fitting comfortable clothes.
3. Have someone drive you to your surgery if you are going to receive sedation. Patients should bring sunglasses and a scarf.

AT HOME AFTER SURGERY:

1. After surgery, go to bed or recliner and keep your head elevated..

2. Applying the Swiss eye mask to your eyes as much as possible for the first 6 hours will reduce the amount of swelling if instructed.
3. If you have pain or discomforts, take the pain medication every 4-6 hours.
4. Expect some irritation from the sutures around the eye. It is best to apply ointment and patch with eye pad the first night after minor eyelid surgery.
5. Expect some bleeding from the stitch lines and swelling of the eyelids. However, call the office if you have a continuous bloody drip, significantly swelling, or any severe eye pain.
6. Patients require eye ointments that are intended to protect the eye after surgery. The day of surgery the eye ointment should be placed on the incision lines generously 4 times a day or anytime the eyes appear dry. .
7. The Gel packs will allow the eye ointment to spread and protect the underlying cornea the first 8-12 hours after surgery.
8. Eye ointments and drops after surgery cause blurred or foggy vision during their use.

OTHER POST-OPERATIVE INSTRUCTIONS:

1. On the day after surgery, start applying the Refresh P.M. ointment in the eyes when sleeping during the day or at night.
2. Refresh P.M. can be applied on incision lines with Q-tips twice a day for several days for comfort. Apply just enough to keep crusts from forming.
3. Patients should expect more problems with the eyes at night or while sleeping. During these times patient's eyelid tone is decreased.
4. If your eyes burn or remain partially open when sleeping, apply the Refresh P.M. ointment inside the eyelid as long as needed. You may irrigate your eyes after you wake with over-the-counter saline eye solution to clear the ointment.
5. Use Refresh Plus eye-drops during the day as needed to keep your eyes moist and comfortable. Refresh Plus can be used frequently.
6. Remember that a dry eye is a wet eye after surgery. If your eye is watering or it feels irritated in most likely needs moisture or eye drops.

7. The second day after surgery you can begin washing your face gently with a mild soap (Ivory or Neutrogena) and rinse it with water. It will not hurt to get water on the stitches or in the eyes.
8. After a few days, if you experience itching in the eyes or any discomfort, warm compresses will help relieve that feeling.
9. If your eyes become red and irritated, apply the Refresh PM ointment, protect or patch the eye, and call our office.

GENERAL INFORMATION:

1. Tearing of eyes often occurs after surgery. This will stop as the swelling goes away and the tone to the eyelid fully recovers.
2. Visual problems such as blurred vision and foggy sight will persist as long as the eye products are being used.
3. Sedatives such as Valium, prescribed by your Surgeon, can help to alleviate irritation and anxiety related to eye recovery.
4. Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually about 10 days after surgery, but depends on the surgery performed. If it is necessary to pull down on your eyelid to insert them, they should not be worn for 3 weeks. Glasses can be worn until then.
5. Cosmetics can be worn on the face as early as 3 days after surgery. However, eyelid or eyelash cosmetics should not be worn until 2 days after all the eyelid sutures have been removed or at 10 days. .
6. Strenuous activities should be avoided for several days.
7. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use the sunscreen with SPF 20 or greater for at least 6 months.
8. Please take all medication carefully and as directed. Dr. Lowe will often individualize your wound care and eye regimen based on the nature and complexity of your surgery.
9. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

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