

## EYELID SURGERY

Surgery Date: \_\_\_\_\_ Place: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### **TWO WEEKS BEFORE SURGERY:**

1. Some medication can interfere with anesthesia and cause undesirable side effects. Please read over the enclosed medication information and let us know if you have any questions. 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 as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to surgery, pick you up after surgery, and to stay with you for the first 24 hours.

### **EVENING BEFORE SURGERY:**

1. Shampoo your hair and wash your face with mild soap and water for 3 full minutes. Do not use conditioner or hair spray after shampooing.
2. In preparation for after surgery, place two pillows for elevation of your head & shoulders on your bed.
3. Make some jello and/or soup for after surgery. Make sure you have picked up all your medications and eye products as instructed.
4. Get a good night's rest.
5. Do not eat or drink anything after midnight.

### **MORNING OF SURGERY: Be at the Surgery Center/Hospital at: \_\_\_\_\_**

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast at least 6 hours before your surgery time.
2. Do not wear wigs, hairpins, hairpieces, jewelry, contact lenses, dentures, nail polish, or makeup. Dress in loose-fitting comfortable clothes. Do not wear pullover tops or panty hose. Wear slip on shoes.

3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. Patients should bring sunglasses and/or a scarf.

#### **AT HOME AFTER SURGERY:**

1. After surgery, it is best for you to go to bed and keep your head elevated on 2 pillows.
2. Applying the Swiss eye mask to your eyes as much as possible for the first 6-8 hours will reduce the amount of swelling you will have after surgery.
3. If you have pain or discomfort in your eyes, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medications should not be taken together.
4. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
5. You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
6. Patient will require a regimen of eye ointments that are intended to protect the eye after surgery. The day of surgery the antibiotic eye ointment should be placed on the incision lines generously 4 times a day or anytime the eyes appear dry until the patient goes to bed that evening.
7. The Gel packs will allow the antibiotic eye ointment to spread and protect the underlying cornea the first 8 hours after surgery. The antibiotic eye ointments should be discontinued the day after surgery because continued use may irritate the eye.
8. Eye ointments and other eye drops used after surgery result in blurred or foggy vision during their use. Complete loss of vision or blindness is a rare problem that should be reported immediately to your surgeon.
9. Remember that depending on the type of surgery performed around the eyes patient will experience a decrease in the normal function of the eyelid and natural tear production.

## **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 also be applied on incisions with Q-tips twice a day for several days for comfort. Apply just enough to keep crusts from forming on the stitches and to keep the area from feeling tight.
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. This will make your vision blurry. You may irrigate your eyes after you wake up 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 products are hypoallergenic and rarely cause reactions. Refresh Plus can be used frequently and generously.
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. Patients should use the Refresh Plus a minimum of every 2-3 hours the first week after surgery. Patients should always make sure they carry the Refresh Plus with them during the day until fully recovered.
8. The second day after surgery you can begin washing your face (avoid your eyelids) 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.
9. Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches
10. After a few days, if you experience itching in the eyes or any discomfort, warm compresses will help relieve that feeling.
11. If your eyes become red and irritated, or if you form yellow matters in your eyes, 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 or foggy vision will persist as long as the eye products are used, but it is prominent for the first week after surgery
3. Tightness of eyelids or forehead is a normal feeling after the surgery. This makes it hard to close the eyelids completely, but will relax with time.
4. Red discoloration of the eyes may occur due to swelling. This is painless, will not harm your vision, and will disappear completely. This swelling may cause the lower lid to pull away from the eye. This will subside as the swelling goes down. Persistent red eyes should be reported.
5. Sedatives such as Valium, prescribed by your Surgeon, can help to alleviate irritation and anxiety related to eye recovery.
6. Contacts can be worn when the eyes start feeling normal and 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 your eyelid to insert then they should not be worn for 3 weeks. Glasses can be worn until then.
7. 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. There may be a feeling of numbness of the eyelids that will subside with time.
12. Strenuous activities should be avoided for 2 weeks. After that, gradually increase your activities to normal by the end of the third week. Avoid heavy lifting greater than 10 lbs the first several days and objects greater than 25 lbs and impact exercises for up to 4-6 weeks in some cases.
8. All incisions are sensitive to sunlight during healing. Direct sun is to be avoided and use sunscreen with at least SPF 20 for at least 6 months.
9. Please take all medication carefully and as directed. Dr. Lowe will often individualize your eye regimen based on the complexity of your surgery.
10. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
11. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

JBL/awh