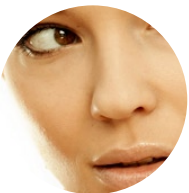




eyelid surgery

post-operative instructions



- Get plenty of rest.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Avoid alcohol consumption for 3 weeks as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Keep head elevated to help minimise any swelling; sleep with head on 2 pillows for the first few days after the operation.

activities

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3-5 days; avoid strenuous activities for 2-3 weeks.
- Read or watch television after 2-3 days.
- Return to work in 10-14 days.
- Massage your face with moisturising cream where you are able. Arnica cream works well.
- You may have a facial after 6 weeks.



incision care

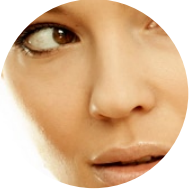
- You may shower 48 hours post operatively
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold compresses first 24 hours for comfort and to reduce swelling and bruising.
- Keep your head elevated for several days; sleep with your head on 2 pillows at least 1 week.
- Generally, your hair can be shampooed anytime after surgery.
- Wait at least 2 weeks before wearing contact lenses.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sunblock made for eyelids.

what to expect

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have 'gummy' eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

appearance

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Facial makeup can cover up bruising after the sutures are removed.



follow-up care

- Sutures will usually be removed in 4-6 days.

when to call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have reduced of vision, and undue pain.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 38 degrees Celsius.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.