Elite Plastic Surgery
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# POST OP INSTRUCTIONS
# OCULOFACIAL PLASTIC SURGERY: Eyelid Surgery

**After your eyelid surgery, there are many things which you, the patient, can do to assure the best possible results from your operation. These instructions should be referred to whenever questions arise. If there are any questions not answered here, do not hesitate to call our office.**

**VISION**: Your vision may be blurred and out of focus after surgery until you are able to stop using your ointment, swelling resolves and your eye(s) heal. This may take 2-3 weeks *at the least*. If your vision becomes gradually more **dim or completely dark,** this is **not normal** and you need to **call our office immediately**.

**EYE CARE:** For the first 48 hours after surgery, use ice packs frequently – **20 minutes and 20 minutes off** - to help reduce swelling and bruising. Small bags of frozen peas or unpopped popcorn kernels make good ice packs. Remember to always put something between your skin and an ice pack (gauze pad, moist washcloth, etc). If you are wearing a patch or other type of dressing following surgery, keep this on for the amount of time specified by Dr. Torabi.
For the first 7-10 days following surgery, you will need to treat your stitches with great care. It is okay to shower. You may gently clean the eyelashes and around the eyes with water moistened cotton balls. **DO NOT RUB THE STITCHES VIGOROUSLY.** Keeping the stitches moist with ointment will help promote healing with minimal scar formation.

**ACTIVITY:** When you leave the surgery center, you should go home, rest and be inactive. No swimming or strenuous activities (anything that makes your face strain or turn red) for the first 10-14 days following surgery. Additionally, avoid bending which causes your head to go below your waist. Using your eyes will NOT harm them, so feel free to read, watch TV, use the computer, etc. as desired.

Driving depends on each individual, so check with Dr. Torabi if you have questions about driving. Do not wear contact lenses for about 2 weeks. Do not wear eye makeup for 2 weeks.

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Avoid swimming, hot tubs, gardening, and dusting for 1 to 2 weeks to reduce risks of an infection.

**MEDICATIONS:**

1. You will be given a prescription for Erythromycin ophthalmic ointment or similar to use 4 times a day on your sutures for 12-14 days.
2. You will be given a prescription for Tramadol (or similar) for pain not relieved by Tylenol (avoid aspirin, ibuprofen and naproxen for pain)
3. Other: [Text box]

**HEALING COURSE**: Your eyelid may be swollen and bruised for **several weeks** after surgery. The appearance of your eye may continue to get better for 1 to 6 months. Most people feel ready to go out in public and back to work in about 7 to 10 days. This may depend on your job and how you feel about people knowing about your surgery. After eyelid surgery, you may find that your lid does not lower as much when you look down. Or you may find that your lid does not close fully when you sleep. If this occurs, using artificial tear drops or gels in the eye will help to keep your eyes moist.

Numbness in the surgical area is expected. It might take 12-18 months for the feeling to return to normal. During this time sensations of itchiness, tingling, and occasional sharp pains might be noted. These feelings are normal and will subside once the nerves have completely healed. After two weeks, incisions are usually strong and all activity restrictions are lifted at that time.

Also, at 2 weeks, we will have you start doing eyelid massage twice a day with your ointment, Aquaphor or Vaseline. To do this, make your fingertip slightly slick with the ointment and with firm pressure, stroke 5 times along the incision line(s), inner to outer corner, morning and night (twice a day). Continue for several weeks until the incisions feel softer.

If you feel like you are developing an allergy to the prescription ointment (I.e. 3+ days after surgery both eyelids become more red, more swollen, itchy etc.) **STOP** using the ointment and switch to something bland (like Aquaphor). You can also start using Benadryl or other oral antihistamine. Let the on-call ophthalmologist or the office know you are having this reaction and a prescription for a prednisone taper can be sent to your pharmacy to further treat these symptoms.

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This care sheet gives you a General Idea about how long it will take for you to recover. But each person recovers at a different pace.

**For treatment of post-operative bruising, you may want to consider using oral Arnica Montana and or Bromelain (or fresh pineapple) - both are homeopathic treatments. Our office sells SILAGEN Arnica Capsules, which is recommended by Dr. Torabi.**




**EMERGENCY:** If you experience SEVERE EYE PAIN OR HEADACHE UNRELIEVED BY TYLENOL OR PERCOCET, NAUSEA OR VOMITING, WORSENING REDNESS, OR WORSENING VISION (especially vision that was initially better), call **our office immediately and/or go to the emergency department.**

Watch closely for changes in your health and be sure to contact Dr. Torabi if you have any problems.