

GUIDELINES FOR EYELID SURGERY

Immediately following the eyelid surgery, you should be applying ice-cold compresses for the first 3-4 days of your recovery. Some patients try and apply the cold compresses fairly continuously for this time period while others opt for a cycle of 20 minutes on – 20 minutes off. It is fairly normal for the eyelids to have mild to moderate swelling and/or bruising that may increase over the first 3 days of your recovery. It is also not uncommon for one eyelid to swell more than the other one during this initial healing period.

Some patients use bags of frozen peas (or corn) as a cold compress. Others opt to use corn syrup (like Karo syrup) placed into a sealed sandwich bag and put into the freezer to form an ice-cold gel pack that shapes and conforms to the eyelid region.

Sleep with the head elevated above your heart level. Use a travel pillow to help minimize chances of rolling over on your eyes while sleeping.

A feeling of tightness may be noted in the early postoperative healing period. Pain should be mild to moderate and easily controlled with the prescribed pain medication.

A sudden increase in swelling and/or pain should be reported to Dr. Hilinski immediately.

Do not get the eyelids wet until cleared to do so by Dr. Hilinski.

Apply the prescribed antibiotic ointment to the eyelid incisions (where the skin cuts were made) 2 times per day. If Dr. Hilinski used a 'hidden' incision inside of the lower eyelid to remove unwanted fat, you should apply a thin layer of the ointment using the following technique as discussed with you: gently tug the lower eyelid forward and down. Place the ointment between the eyelid margin and the actual eye. Blink several times to distribute the ointment properly.

If the surgical tape that was applied to the eyelid region becomes separated from the skin, try to reinforce this with similar medical grade hypoallergenic paper tape.

You may see threads of suture (stitches) sticking out from each side of the eyelid. Do *not* pull on these threads and do not attempt to trim them shorter. Leave them alone.

You can expect to have slight blurring of your vision for the first few days as a result of the ointment being applied. Any progressive or one-sided decrease in vision should be reported to Dr. Hilinski immediately.

Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.

Our office will typically provide you with a prescription for postoperative medication (a narcotic pain reliever and an antibiotic). The narcotic medication is used *after surgery* for pain relief. The antibiotic is started *after surgery* once you get home. If a prescription was not provided to you in advance of your scheduled surgery date, please contact the office to have one called in to your local pharmacy. These medications should be picked up **before** your scheduled date so that you have them available once you get home from surgery.

Arnica is a homeopathic medication that helps reduce bruising, which should be started 1-2 days prior to your scheduled surgery date. Arnica should be taken after surgery as well for upwards of 7-10 days.

Confirm a follow-up appointment with our office.

Call our office immediately if you have any additional questions or concerns.

In case of an emergency, call 911 for immediate assistance.

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)