

GUIDELINES FOR EYELID SURGERY

PRE-PROCEDURE

1. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
2. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever and a topical antibiotic eye ointment) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. These medications should be picked up **before** your scheduled date so that you have them immediately available after leaving the center.
3. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
4. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
5. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
6. If you have eyelash extensions, you must have them removed prior to the surgery. If you fail to do so, they will be trimmed at Dr. Hilinski's discretion.
7. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
8. You should remove ALL piercings from your body.
9. You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date.

AFTER CARE

1. Immediately following 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.
2. Some patients use bags of frozen peas (or corn) as a cold compress. Others opt to use corn syrup (such as 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.
3. 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.
4. 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.
5. A sudden increase in swelling and/or pain should be reported to Dr. Hilinski immediately.
6. Apply the prescribed antibiotic ointment to the visible eyelid incisions (where the skin cuts were made) 2 times per day.

7. 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.
8. 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. If the tape falls off, you may replace it in a similar manner and orientation.
9. 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.
10. 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.
11. Showering from the shoulders down is fine as of the following day. If any other procedures were performed below the neck (such as fat transfer), you should wait until 48 hours after the surgery to shower from the shoulders down.
12. You may shower and get the eyelids wet after 72 hours. Make sure to avoid scrubbing and/or rubbing the eyelids. Just allow the lather to run off the face and pat dry.
13. Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.
14. Begin taking the pain medication as directed. It may take several dosages of the pain medication before you feel the full effects taking place. Pain should be mild to moderate and easily controlled with the prescribed pain medication.
15. Continue taking Arnica as directed for another week after surgery.
16. Continue to refrain from using any medication on the 'Restricted Medications' list for at least one week after surgery.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.