

Postoperative Instructions for Eyelid or Eyebrow Surgery

Activities:

1. Do not drive today.
2. Use caution as you may be at increased risk of fall or dizziness due to medications you may have been given.
3. Sleep with your head elevated 45 degrees (3 pillows or a recliner chair) for 2 days.
4. No eye make-up or lotions/creams for 10 days. Do not touch or rub the areas you had surgery.
5. Normal, non-physical, activities such as watching TV, reading, knitting, walking, etc. are permitted.
6. You may shower but try not to get water on surgical site for at least 3 days. Tip your head back and let water run behind you when washing your hair.

Wound Care:

1. A small amount of bright red blood is to be expected. Do not be alarmed. If you feel that the amount is excessive, please call the Eye Clinic at **(208) 667-2531, Option 1**
2. Apply ice packs to closed eyes for 30 minutes every hour, while awake, for first 2 days. To make additional ice packs, Fill ziplock bag with 2/3 ice and 1/3 water and wrap in a clean wash cloth.
3. After 2 days of ice, you may switch to warm compresses for 20 minutes, 3 times per day. This can help accelerate the resolution of bruising.
4. Clean the incision, as directed, 2 times per day.
5. Apply a thin layer of antibiotic ophthalmic ointment to the surgical wound(s) and eye(s) 4 times daily, unless instructed otherwise. Always put a layer of ointment in the eyes before bed. Do this after applying compresses as to not wash it off immediately with the compress.
6. Use artificial tears (Refresh, Systane, TheraTears, Retaine, Soothe) as needed for eye dryness while using the ointment. When you stop ointment in your eyes, you will need to use artificial tears 4 times daily for months following surgery for droopy eyelids.

Medications:

1. Take one or two Tylenol (Acetaminophen) tablets as instructed on bottle, as necessary for discomfort. Do NOT take Aspirin or NSAIDS (ibuprofen, naproxen, Aleve, Motrin, or Naprosyn), as these may thin your blood and worsen bruising..
2. You may resume your blood thinners tomorrow.
3. Resume all other medications you were taking previous to surgery, unless otherwise directed.

Please follow-up in clinic tomorrow as scheduled if you have questions or concerns. Otherwise, you may cancel the first-day follow-up and return for your 10-day follow-up as scheduled on:

Call 208-667-2531, Option #1, if you experience changes in your vision, increasing redness, pain, discharge, swelling, or other concerns. There is an on-call doctor available at all times.