



EYELID POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Luminary Office

M-F 8 am- 5:00 pm
941-926-6553

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling of the eyes after you get home. Within a few days or weeks, these symptoms will go away.
- You may experience dry eyes or blurry vision for several weeks after surgery.
- You may need help with your everyday activities for a few days until your pain and swelling decrease.
- Incision scars may take several months to over a year to fade.

ACTIVITY

- While you are healing, LIMIT your physical activities so that you DO NOT stretch your incisions.
- Try taking short walks as soon as possible to promote blood flow and healing.
- It is essential that you keep your head elevated at all times. You may NOT sleep lying flat. Please prop yourself up on several pillows so that your head is elevated.
- DO NOT wear contacts for 2-weeks following your procedure.
- DO NOT do any heavy lifting or strenuous exercise for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines.
- Ask your provider when you can go back to work.
- For the first 24-hours, please regularly apply ice packs to the eyelids. Remember to place a clean, dry washcloth between the ice pack and the skin.
- Check daily for signs of infection (redness, pain, or drainage).
- After 48-hours, it is ok to shower and gently wash the incisions daily and pat dry.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling.
- Sudden pressure in on eye or any change in vision
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.