



SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Post-Operative Instructions for Upper Eyelid Surgery

1. First 48 hours: Ice/Cold compresses to be used for 20 minutes every hour. (Place a washcloth in a basin with water and ice cubes). Do NOT use ice directly to the skin as it may cause a burn of the skin. You do not need to wake up overnight to ice.
2. Day 3: Ice/Cold compresses 3-4 times daily for 10 minutes.
3. Day 4-7: Warm compresses 3 times a day, for 10 minutes (optional)
4. Ointment: Use three times a day over the stitches starting the same day as surgery. You should expect to have some blurring of your vision while using the ointment since some of it will often get into the eyes.
5. Do not take any aspirin or aspirin containing products for 10 days after surgery. If you have pain, you may take 2 Tylenol tablets every 4 hours as needed or any medication prescribed to you.
6. It is okay to shower and get your stitches wet. Pat dry your face, never rub or pick at your stitches.
7. Avoid makeup and any creams to the eyes for two weeks unless instructed otherwise.
8. Avoid contact lenses for 2 weeks.
9. Keep your head always elevated. Sleep with a few pillows behind your head. Use a dark pillow cover or towel to prevent any stains from discharge/ointment.
10. Avoid excessive sun exposure and strenuous activities for 7 days.
11. You may resume driving 24-48 hours after surgery if you feel safe to do so.
12. It is normal to have a small amount of blood around the stitches the day of surgery, especially around the inner and out portions of the wound. Do not pick at it.
13. The lids will be swollen and black and blue after surgery. Even if you only have surgery on the upper lids, you should expect the lower lids and sometimes even the cheek or lower face to also to be swollen and discolored. This will improve over several weeks.
14. It is normal for eyelids to heal asymmetrically, especially if you've had ptosis surgery. The unevenness will improve as swelling subsides over several weeks.
15. It is normal to feel dryness of your eyes after surgery. Use artificial tear drops as needed.
16. If you have glaucoma, you should continue to use your eye drops starting the same day of surgery.
17. Your stitches will be removed 1 week after surgery at your follow-up visit.

Contact the office immediately if:

- You notice intense bleeding, swelling, inability to open your eyes, sudden loss of vision or double vision.
- You develop pain and/or yellow or green discharge from your incision.
- You develop a fever or chills or any rashes.
- Your incision opens.

Any questions or concerns please call the office. If you have an urgent problem, please call Dr. Avila's cell.

If you have a true Emergency call 911.

POST-OPERATIVE APPT ON _____ at _____

Signature:

date: