



SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Post-Operative Instructions for Lower 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. Eyedrops: Use prescribed eyedrop as directed.
 5. Medications: Take all pills as directed.
 6. 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 pain medication prescribed to you.
 7. It is okay to shower and get your eyes/stitches wet. Pat dry your face, never rub or pick at your stitches.
 8. Avoid makeup and any creams to the eyes for two weeks unless instructed otherwise.
 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 number of bloody tears from the eyes, pat dry with clean tissue or gauze.
 13. The lids will be swollen and black and blue after surgery. Sometimes even the cheek or lower face can also be swollen and discolored. This will improve over several weeks.
 14. It is normal to feel dryness of your eyes after surgery. Use artificial tear drops as needed.
 15. If you have glaucoma, you should continue to use your eye drops starting the same day of surgery.
- **If you have fat grafting done:** Fat was harvested through a small incision on your belly or thigh, you can remove the bandage after 48 hours. No further care is needed.
 - **If you have a bandage under your eyes:** Leave all dressings in place until your post-operative appointment. Do not pick, pull, or manipulate in any way.
 - **If you had laser resurfacing:** Follow instructions for laser after care and all creams given to you.

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/eyes
- 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: