

PLASTIC **EYE** SURGERY ASSOCIATES, PLLC
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POST OPERATIVE INSTRUCTIONS

50% of the outcome from your surgery depends upon you and the care you take of your wounds. Your part is VERY important and determine how much you bruise and how quickly you heal. Here are some reminders:

DURATION

In all procedures involving the delicate eyelid skin, there is some degree of swelling or bruising that persists for a time after surgery. This usually subsides after 1 to 3 weeks, depending on your healing ability and how well you care for yourself.

ICE PACKS

For the first 48 hours after surgery, use cold compress on your eyes while awake. Frozen peas in a zip lock plastic bag over a damp face cloth works well. Prepare 6 – 8 bags and number them for sequential use.

EYE PRESSURE

Periodic pressure over the eyes can be very effective in minimizing bruising. Ask us to demonstrate this technique.

WARM COMPRESS

After 48 hours, use warm compress 10 to 20 minutes every hour while awake until the bruising is gone. To make the best warm compress, put a couple cups of raw rice in a clean cotton athletic sock. Tie off the end with a string or ribbon. Microwave the sock for 30 – 90 seconds, depending upon the power of your microwave. Place the sock in a plastic bag over a hot, wet face cloth or paper towel. Be careful not to burn yourself.

SLEEPING

Sleep on your back with your head elevated using an extra pillow for 3 to 4 days.

LIFTING & EXERCISE

Do not bend over from the waist, lift anything over 10 pounds, or engage in strenuous exercise for 2 weeks. Doing so, may raise your blood pressure and/or cause excessive pressure on the delicate stitches in your eyelids

EYE OINTMENT

You may be prescribed an antibiotic eye ointment. Put a very small amount of the ointment on the incisions 3 times a day for one week and IN the eye on the first day.

OTHER MEDICATIONS

Normally, regular Tylenol should ease any soreness. However, we can provide stronger pain medicines by prescription if you need them. You should resume taking your regular medications after surgery, but avoid aspirin products and “blood thinners” for one week after surgery because of their tendency to increase bruising. If you have questions about “blood thinners,” ask your doctor.

BLEEDING

You may notice a small ooze of blood from the incisions. This is normal. Blot any bleeding away with a tissue. If bleeding occurs, call us immediately for further instructions.

DRESSING OR PATCH

In the unlikely event that you have a dressing or patch over your eye(s), we will tell you when to remove it, usually 1 or 2 days following your surgery.

STITCHES

Your surgeon will use very fine sutures to close the incisions. You will be told when to return to have the stitches removed, usually in 5 to 7 days. Depending on the circumstances, you could have sutures which dissolve in 5 to 7 days.

MAKE UP

You may resume wearing makeup on your eyelids 2 to 3 days after the stitches are removed.

DIET

You may eat anything you like, but avoid alcoholic beverages for 24 hours after your surgery and while you are taking medications.

EYE DROPS

Apply artificial tear drops to your eyes to clear away any mucus or blurred vision, or to relieve scratchiness. We recommend you use preservative-free drops such as Retaine, Refresh Plus, Systane, Ocucoat PF, Bion Tears, or Thera Tears. Avoid drops that “take the red out.” On our website, a section called “Mastering Tear Supplements” may be helpful.

SHOWERING

It is okay to shower from the neck down on the same day as your surgery. Gently wash your face with a washcloth as needed. The following day, you can wash your face and hair in the shower, as long as you do not direct the spray directly on your eyes.

SCARRING

Generally, there will be very little scarring. Initially, your wounds will be slightly raised and reddened. In time, they flatten, becoming paler, eventually blending into the normal lines of your face. Usually this takes 1 to 3 months. Occasionally, there may be a slightly asymmetrical appearance to the eyelid or its position after the healing is complete. If this occurs, additional minor corrections may be required.

FOLLOW-UP VISITS

If you do not have a follow-up appointment, please call our office at (713) 795-0705 for an appointment time convenient to you.

MAKE UP

You may resume wearing makeup on your eyelids 2 – 3 days after the stitches are removed (usually 8 – 10 days after the surgery), but be gentle when you clean it off.

OTHER QUESTIONS

If you have questions about your recovery – other than in an emergency situation – call the clinical coordinator at (713) 795-0705.

EMERGENCIES

In case of emergency:

- severe bleeding
- bleeding beyond 48 hours
- increasing pain
- milky, yellow, or green discharge from your wound(s)
- fever (oral temperature greater than 100 degrees)
- sudden vision loss
- other serious concerns

**Please call our 24-hour
telephone number
(713) 795-0705.**

**Dr. Patrinely or Dr. Soparkar
will be notified of your call.
Your call will be returned as
soon as possible.**