

EYELID SURGERY

POSTOPERATIVE INSTRUCTIONS

COLD COMPRESSES

Use ice-cold compresses or ice masks for as much as possible during the first 24 hours following surgery. To use ice-cold compresses, place a white or colorfast washcloth in a plastic "baggie" zip-lock bag. Place this across your eyelids and on the top of the bandage dressing. The cold compresses will help reduce swelling and bruising and aid in alleviating discomfort.

WARM COMPRESSES

After the first 24 hours following surgery, switch from cold compresses to warm compresses. This will help get rid of swelling resulting as a "leftover" from the surgery. Warm compresses may also be placed in a zip-lock bag to avoid dripping water. Use the warm compresses for fifteen minutes, four times a day for five days.

MEDICATION AND MASSAGE

After surgery, you will be given an ointment and a prescription for a refill. Use this ointment three times a day across the incision lines. Massage the outer corner of the stitch line against the bone for about one-half minute before applying the medication. The ointment may be applied directly from the tube or gently swabbed from a Q-tip.

Use Tylenol for discomfort. Do not take aspirin or aspirin-containing medication for three days. Two days after removal of any stitches use pure Vitamin E or Kelo-cote on your eyelid incisions twice a day. Kelo-cote is a non-prescription medication. Kelo-cote is available without a prescription at many pharmacies. It may be ordered through 800-240-8227. Check www.kelocote.com for further details. The massage and eyelid medication application will help make the incision lines fade and smooth out the irregular surface.

POSTOPERATIVE ACTIVITY

Rest as much as possible after your surgery. The bandage dressing may be removed 24 hours after surgery. Resume normal activities in a day or two if you are feeling well. However, avoid any activity that raises your blood pressure for five days since this will accentuate bruising. You may shower the day after surgery and remove any secretion or debris from the eyelids. Do not use eye make-up for one week after surgery. Avoid exposure to dust and dirt and refrain from swimming for two weeks. Please arrange to be seen about ten days after your surgery for suture removal. Contact our office at any time if you have any difficulty with your vision, excessive bleeding, severe eyelid swelling, experience unusual problems, or have any questions.

Appointment Scheduling

Call 310-453-0551 or schedule online at www.reynardmd.com