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Diseases and Surgery of the Eye, Lids, Orbit, and Lacrimal System
Facial Aesthetic Surgery

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Postoperative Instructions for Eyelid Surgery

Use ice compress on your eyelids as much as possible for at least 48 hours after the surgery. Apply ice compress for 15-20 minutes every hour for the first day and 15-20 minutes every 2-3 hours the second day. This helps reduce any swelling, bruising, and keeps discomfort to a minimum. Do not apply ice directly into your eyelids, use gauze over it.

1. You may take 2 Tylenol tablets every 4 hours or as needed for pain or discomfort. **DO NOT TAKE ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS** for at least 1 week after your surgery, since ASPIRIN can cause bleeding.
2. Take your antibiotics until its finished. If you have any allergic reaction with the antibiotics, please contact the office immediately.
3. You may not be able to completely close your eyelids for several hours because of the local anesthesia. **Do not force your eyelids closed. NO TIGHT SQUEEZING** of your lids.
4. Sleep with elevation. Use at least 3-4 pillows or 30-45 degrees elevation to minimize bruising and swelling.
5. You may have a small amount of oozing from the suture line for the first 24 hours after surgery. This is normal. Ice compress will help.
6. Avoid salt intake for at least 2-3 weeks to avoid swelling.
7. Avoid heavy lifting, bending, and straining for at least 2 weeks to avoid pressure on the suture line or surgical wound.
8. You may feel some mild swelling and bruising in the area of your eye surgery. This is normal. If you have severe swelling, bleeding, or pain in the surgery site, **please contact our office immediately.**
9. Do not rub your eyes and do not apply heat. Avoid strong sunlight exposure and wear sunglasses at all times.
10. You may begin wearing your contact lens and apply makeup 2 weeks after your surgery.
11. You may take a shower 24 hours after your surgery.
12. Apply gently a thin layer of ointment prescribed on your suture or surgical wound twice for 10 days using a Q-tip or cotton swab. This aids in healing the surgical wounds faster.

Please contact our office if you have any questions at (408) 272-2100