

POST OPERATIVE INSTRUCTIONS: EYELID SURGERY

PAIN MEDICATION

- Expect minimal pain. A sudden increase in pain, especially on one side, can be indicative of bleeding. Call the office if this happens.
- Your pain medication contains a narcotic plus Tylenol.
- Avoid taking aspirin or aspirin containing medications for ten days.
- Take the pain medication as prescribed by Dr. Kryger. Remember not to take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

DRESSINGS

- apply cold compresses continuously for the first day and 15 minutes out of the hour on the second day after surgery. You will be instructed on how to do this. Compresses need not be applied at night.
- As necessary, gently swab across the way from the eyelid stitches with a Q-tip applicator well moistened with peroxide or saline.
- At bedtime, apply a thin film of eye ointment to the eyelid stitches and a small amount into the eye, if so instructed.

SHOWERING

- You may shower 24 hours after surgery. Avoid direct spray of water into the eyes.
- You may not submerge your head underwater for two weeks (no swimming or baths).

ACTIVITY

- Stay as active as possible. Walking, climbing stairs, and moving around help the circulation and significantly reduces the risk of developing a blood clot.
- However, avoid any activity which creates excessive perspiration, or any activity that would raise your blood pressure.
- Keep your head above heart level at all times. Do not bend over!
- Avoid lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- Do not exercise until instructed otherwise.
- You may drive once you are no longer taking pain medication.
- Do not wear any eyelid makeup for 7 to 10 days.

SWELLING

- It is normal to have swelling and bruising that extends below the eyes, and even down into the jaw.
- Sudden onset of swelling, especially associated with pain, is indicative of a hematoma. Please call the office right away.
- The bruising will subside over 1-2 weeks.

EATING

- It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.
- If you are nauseated stay hydrated by drinking water or clear liquids.
- Start with liquids, and progress slowly to solid foods. Begin with bland low fat foods such as crackers or toast.

SLEEPING

- Sleep with your head and shoulders elevated 30 to 40° on several pillows.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incisions.
- Drainage or pus coming out of the incisions.
- A fever over 101.0 degrees.

FOLLOW-UP VISIT

Call the office the day after surgery at (805)777-3877 to schedule your follow-up appointment in _____ days.