

POST OPERATIVE INSTRUCTIONS: EYELID SURGERY

PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember **NOT** to take additional Tylenol on top of the prescribed pain pills.
- **Avoid** taking aspirin or aspirin containing medications for ten days.
- **Don't** wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort. For the first few days after surgery, take pain medications before you go to sleep.
- Take Ibuprofen as instructed by Dr. Kryger. Begin taking Ibuprofen immediately.
- 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.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

* You may drive once you are no longer taking narcotic pain medication.

SWELLING

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

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.
- *If so instructed*, at bedtime, apply a thin film of Aquaphor ointment to the eyelid stitches.
- You may use eye lubricating drops or ointment as needed for dryness of the eyes.

SHOWERING

- Shower 24 hours after surgery.
- **Avoid** direct spray of water into the eyes.
- You may **not** submerge your head underwater for 2 weeks (no swimming or baths).

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Patient Signature

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 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.
- **Do not** wear any eyelid makeup for 7 to 10 days.

* You may drive once you are no longer taking narcotic pain medication.

EATING

- If you are nauseated stay hydrated by drinking water and clear liquids.
- Start with liquids and progress slowly to solid foods. Begin with bland low-fat foods such as crackers or toast.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

SLEEPING

- Sleep with your head and shoulders elevated 30° to 40° on several pillows.
- For the first few days after surgery, take pain medications before you go to sleep.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30pm 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.
- Sudden onset of swelling, especially associated with pain.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

EMERGENCIES

*** If an emergency arises, please call 911!**

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Patient Signature