

POST OPERATIVE INSTRUCTIONS EYELID SURGERY

Most procedures are performed with local anesthesia with intravenous sedation. While post operative nausea is rare with this type of anesthesia, it is wise to start your diet by drinking clear liquids after surgery (e.g., 7-Up, Gatorade, ginger ale, etc.). If clear liquids are tolerated well without nausea or vomiting, you may advance towards a regular diet. Avoid “fatty foods” (e.g., milk, pizza, hamburgers, etc.) on the day of surgery or as long as nausea persists.

Many eyelid procedures only require Extra Strength Tylenol for postoperative pain control. For those patients with more extensive eyelid reconstruction, a prescription for a pain reliever is often given. Patients may choose to take the prescribed pain reliever OR Extra Strength Tylenol, BUT NOT both together. Unless specifically instructed, aspirin products such as Bayer, Bufferin, Anacin, Excedrin, etc., should be avoided for at least one week after surgery. This also includes Advil, Nuprin, Motrin and Ibuprofen. If using Aspirin or other blood thinners for medical reasons, resume the day after surgery.

Whenever lying down or sleeping, keep your head elevated on 2 or 3 pillows such that your head is always elevated above the level of your chest.

Apply cold compress to surgical site as much as possible for 2 to 3 days following surgery. A folded washcloth soaked in ice-cold water and wrung out works well for this. A bag of frozen peas also works well as it is lightweight but molds to the eye. Do not apply ice directly to the skin. A prescription for an eye ointment should be provided after surgery. This is to be gently applied to the stitches twice daily. If the eyes feel irritated, the ointment is safe to use in the eye for lubrication. This will likely result in blurred vision but will go away once the ointment is stopped.

EXCEPTION: If a patch is taped over the eye, do NOT apply cold compresses or ointment. Leave the patch undisturbed. A physician will remove the patch at your first post operative visit.

If your surgery was done on an outpatient basis, you should receive a phone call the day after surgery to check on your progress and to arrange for a post operative clinic appointment. The first post operative visit will be one to two weeks after surgery to check the incisions and remove sutures if necessary. A second post operative visit six to eight weeks after surgery will assess the final surgical result.

The following problems should be reported to the office as soon as possible:

1. Continuous, brisk bleeding. Please note that some oozing or drainage is common following a surgical procedure. Do not try to clean dried blood from the surgical site. This will likely only create more bleeding.
2. Temperature (fever) over 101°.
3. Excessive pain at surgical site not relieved by the pain medication, especially if associated with protrusion of the eyeball.
4. Sudden loss of vision. Please note that some blurriness is expected after surgery due to the ointment used around the eyes. All patients should be able to check their vision even with eyelid swelling.
5. Double vision

If a problem should arise or you have a question, I can be reached at the following number:

Office- (913)-588-6600

I hope that your surgery experience with us is a positive one. Please contact my office with any questions.

Jason A. Sokol, MD