

Southeast Connecticut Eye Care, LLC

Eyelid Surgery Post-Operative Instructions

Thank you for having your eyelid surgery with us. Please follow these instructions after your surgery:

- Use 15min cold compresses to the surgical site(s) every two hours while awake for the first two days. A bag of frozen peas or corn, wrapped in a paper towel, works well for this.
- Don't rub your eyes. You may break the stitches. Dabbing with a tissue or sterile gauze is fine.
- Keep the incision(s) clean after surgery. You may gently rinse them with warm water if needed.
- If you stopped your blood thinners (aspirin, Coumadin, or other) prior to surgery, you may restart them two days after surgery.
- Apply the ointment your doctor gave you to your incision(s) 2x/day.
- Apply the ointment in both eyes at bedtime for the first week. It is normal to have some trouble closing your eyes completely after surgery, and this will help prevent irritation when you are sleeping. To apply the ointment, pull your lower eyelid down, and place a 1/4" strip on the inside of the eyelid.
- Sleep with a few extra pillows at bedtime for the first week. It will help with the swelling.
- It's normal to have some oozing of blood after the procedure. If this happens, apply direct pressure with a sterile gauze pad for 15min and it will stop.
- If your incisions hurt after surgery, cold compresses and Tylenol (acetaminophen) help. Avoid aspirin and other over-the-counter pain medications for the first two days, as they may cause bleeding.
- Avoid strenuous exercise, heavy lifting, eyelid makeup, swimming, or dirty environments for the first week after surgery.
- A rare, but serious, complication of eyelid surgery is bleeding in the eye socket. Call immediately if you have sudden onset of severe pain, a bulging eye, or any loss of vision.

Call if you have any concerns or worrisome symptoms. Our number is 860-373-4148.

Your followup appointment is on _____ at _____
at our office in: