

## Cosmetic Surgery Associates of New York

### **EYELID SURGERY POSTOPERATIVE INSTRUCTIONS**

**Below are general guidelines for patients undergoing nasal surgery. Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you by Dr. Greenwald and modified to your particular case.**

1) Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not need medical care, only "TLC."

2) Swelling, bruising and discoloration of variable degree are normal. The eyes are rarely the same in the early postoperative period. Swelling typically increases for 48 hours and then subsides over the next 10-14 days.

3) Use ice compresses 15 minutes per hour (while awake) for 48 hours after surgery. Soak 2 X 2 gauze pads in iced water, wring out, and apply. Change when warm. Use longer as desired for comfort. Another option is to use a damp washcloth or gauze and place a small package of frozen baby peas on this. The peas conform nicely, and remain cold without need for frequent changing.

4) Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first.

5) Advance your diet slowly. If your stomach becomes irritated or upset, stop all medications until your stomach settles down. You may take Dramamine® (no prescription needed) to help any nausea. Eat and drink lightly the first 24 hours; avoid alcoholic beverages for 3 days.

6) Upon returning home, go to bed with your head on two pillows. Have assistance for going to the bathroom. Avoid blowing your nose, coughing, straining, and raising your blood pressure. For the first 2 weeks after surgery, sleep on your back and not on your side (as best you can). Keep your head elevated at least on 2 pillows. You'll find that your eyes will be much less swollen in the morning having kept your head up than if you were flat. The higher you keep your head above the level of your heart, the less the swelling.

7) If your eyes feel dry, use artificial tears (Murine lubricant eye drops or Genteal lubricant eye drops or Gel Drops) as needed for one week.

8) Shower and wash your hair on the day after surgery. It is OK to let the water run over your eyes (it is not OK to let the water from the shower hit your eyes directly!).

9) Infection is uncommon after blepharoplasty, but can occur. If you develop a fever or an area that becomes red, tender and swollen, call us.

**10) Eyelid sutures are removed 5-7 days after your surgery. The incision lines on the eyelids are usually pink, a little crusty, a little bumpy, and a little tender for weeks after the surgery. With time, they will flatten and fade. If it takes longer than you expected, be patient; eventually the scars will become comfortable to you and inconspicuous to others.**

11) You can drive yourself when you feel it's safe and comfortable. If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.

12) A leisurely walk and resuming normal activities is OK as soon as you feel up to it. You may resume your normal workout schedule three weeks after surgery.

**13) Call your surgeon immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.**

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN  
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-761-8667**