



## **Eyelid Surgery Post-operative Instructions**

After the surgery your eye/s will need to be lubricated. You will need to use the ophthalmic antibiotic ointment at home both in the eyes and on any sutures/eyelid. You may take oral pain medication to relieve any discomfort.

### **What to do at home?**

1. Take pain medication/s as needed.
2. Keep your eye/s clean, using mild soap (baby shampoo) and water as needed, but don't vigorously scrub
3. Keep sutures/stitches lubricated with the ophthalmic ointment prescribed three (3) the four (4) times a day
4. Use cold compresses/ice packs/bag of frozen vegetables, to help reduce swelling and bruising. Try 20 minutes each hour for the first 3 days
5. Do not use makeup
6. Do not use contact lenses
7. No swimming or hot tubs (just don't submerge for the first 2 weeks)
8. No sunburns ... sun may increase scar lines
9. Try not to sleep on operative side - use multiple pillows to elevate head of bed

Dr. Mihora would like to see you after the surgery to remove the sutures/ stitches. Once removed, the swelling and bruising will continue reducing over time. Please contact us as soon as possible if you experience any unmanageable pain or other problems arises.

You may continue with your regular daily activities ten (10) days after the surgery. **Please avoid strenuous activities (bending, lifting and exercise) up to three (3) weeks.**

If you were using Aspirin or any other type of blood thinner medication prior to surgery, please start re-taking the day after surgery

**You and your eyes are important to us.**