

EYELID POST-OP INSTRUCTIONS

1. Most patients do not experience much pain from this procedure. A burning sensation may occur in the incision line which usually is relieved with cold compresses.
2. Tylenol can be taken to alleviate the burning sensation, or you may take the pain medication that was prescribed to you. Since both are Tylenol based, do not take together.
3. Cool compresses should be used during the first 36 hours. The more often you apply cold, the more effective it will be on the swelling process. You may use a cold washcloth or gauze pads dipped in ice water, rung out and place on your eyes.
4. The eyelid incisions may ooze a little. You need to check the incisions to be sure that the area is closed. On the upper eyelid it should be a fine line with no opening. On the lower eyelid a small hole will appear if a stitch popped.
5. Keep the head elevated at least 30-45 degrees at all times. Sleeping on your back not on your side. This will help with swelling. If you are not able to do this, one eye may swell more than the other, but the end results will still remain the same.
6. Bruising usually subsides in 7-10 days. You may hide it with makeup on day 3, to your lower lids. Do not place makeup on the incision line. You may wear make up on upper lids after 2 weeks.
7. Your eyes may tear often due to irritation or may become dry due to swelling. If dryness occurs, you may use hypo-tears or Refresh. This resolves when swelling goes down. When eyes are swollen and you blink, your eye is not able to moisten itself simply because it is not closing all the way.
8. We will usually check you the morning following surgery, and clean the incision lines. If you are not returning to our office the next day, you can soak any scabs off with a Q-tip soaked in tap water. Do not force scabs off, if they are difficult to come off, continue to soak until they release easily. You may shower and wash your hair. No direct water pressure on your eyes but they can get wet.
9. On the upper eyelid incision you will have a piece of skin colored tape at the outer portion. Beneath the tape, and extending beneath the skin to the middle of the eye, a small blue thread will be sticking out of each corner (inner and middle). **DO NOT PULL, CUT OR PLUCK THIS THREAD.** This will be removed in 5-7 days.

10. The lower lid incision will have approximately 6 small clear sutures. This will dissolve during the first week. Starting the day after surgery apply Aquaphor to the incision line 3 times daily. We will supply you with Aquaphor (ointment). If ointment gets in the eyes it will make your vision blurry, it will flush itself out with blinking.
11. Avoid strenuous activity during the first week following surgery, including bending, stooping, heavy lifting, or strenuous sports. It is alright to walk, but not briskly. Dr. Churchill will release you to activity or exercise when he feels you are healed enough, it is roughly 4-6 weeks after surgery.
12. Small white heads may occur along the incision line on either upper or lower eyelids. If this occurs, no need to be alarmed. They usually disappear on their own, or Dr. Churchill will extract them. This does not happen often.
13. Please refrain from smoking – this could hamper your healing process.
14. Your upper eyelids and eyelashes will remain numb for a few months. Sensation will return to normal.

If you have any questions please contact our office at 847-304-1000.

We are here Monday – Thursday from 8:00am to 4:00pm, and Friday from 8:00am to 11:00am.

If you call after hours, the answering service will page our nurse Maureen.