



EYELID SURGERY

AFTER SURGERY INSTRUCTIONS

You will go home the same day as your procedure. You will need someone else to drive you. Bring sunglasses the day of surgery - they will cover up any bruising or swelling you may have and prevent sensitivity to light.

IMPORTANT INFORMATION

- Sutures in the upper eyelids will be removed 14+ days following surgery during your scheduled appointment.
- Sutures for the lower eyelids are internal and will dissolve in time.
- Avoid sun exposure to your incision areas by wearing sunglasses and a hat when outside. Scar tissue is very susceptible to UV damage.

WHAT TO EXPECT

- Your vision may be blurry for the first 1-2 weeks, primarily due to the ointment and dry eyes that can intensify post surgery.
- Your eyes may be slightly dry/scratchy, over the counter liquid tears can be used to help these symptoms. You can pick up Dr. Tarbet's recommended eyedrops and gels in clinic.

WHAT TO DO

- Apply cold compresses to the eyes. This will help reduce any swelling, bruising, or discomfort. Make sure to place a barrier, like a paper towel or clean washcloth, between your skin and the cold compress. Examples of cold compresses: frozen peas or crushed ice in a zip-lock bag, frozen gel packs, or gauze soaked in ice water. It is normal to see blood tinged fluid for 2-3 days.
- Keep activity to a minimum for 2-3 days.
- Keep your head elevated, especially while sleeping. Use two pillows, a foam wedge, or lay in a recliner to sleep. Sleep on your back and avoid lying on your side.
- Walking and stretching are gentle exercises that you may begin after your incisions have healed. This is usually at about two weeks after surgery.
- You may shower and shampoo your hair the day after surgery. Do not allow shower spray to hit your incisions, but it is okay for the spray to hit the top of your head.
- Cosmetics and sunscreen may be applied after the incisions have healed - usually 2-3 weeks post surgery.

WHAT NOT TO DO

- Avoid going into a jacuzzi or steam room.
- Avoid bending over or picking up heavy items.
- Avoid strenuous workouts. Vigorous exercise may raise your blood pressure and cause an increase in swelling, which will delay your recovery.

IF YOU EXPERIENCE ANY OF THE FOLLOWING, PLEASE CALL THE DOCTOR'S OFFICE

- For pain not relieved with your prescribed pain medications
- Fever greater than 101 degrees
- Unpleasant smelling drainage from your incisions
- Redness around incisions
- Persistent nausea and vomiting.