



Eyelid Surgery – What to Expect After Your Procedure

You'll be able to go home the same day as your surgery, but please arrange for someone to drive you. Don't forget to bring sunglasses — they'll help protect your eyes from light and also hide any swelling or bruising.

What You Might Notice:

- Most people have some **swelling and bruising for 1 to 2 weeks**. This is completely normal.

Tips for a Smooth Recovery:

- **Use cold compresses** (like a gel pack, frozen peas, or a clean cloth with ice) around your eyes to ease swelling and discomfort. You don't need to get up at night to do this. A little blood-tinged fluid around the area is normal for the first 2-3 days.
- **Sleep with your head elevated.** Use two pillows, a wedge, or a recliner. Try to sleep on your back, not your side.
- **Take it easy.** Avoid intense exercise, heavy lifting, or anything that makes you sweat. Gentle walks and stretching are fine after surgery.
- **Skip hot, steamy places** like Jacuzzis or steam rooms while you heal.
- **Blurry vision?** That's likely from the eye ointment we use — it should clear up within a week.
- **Dry or scratchy eyes?** You can use over-the-counter liquid tears to help with any discomfort.
- **Showering is okay starting on Day 3.** Just don't let water hit the surgical area directly. Washing your hair is fine too.
- **Makeup & sunscreen** can be used again once the incisions have fully healed — usually after 2–3 weeks.
- **Stitches (sutures):** Some will dissolve on their own. If you have stitches that don't dissolve, we'll remove them around 2 weeks after your surgery.

Call Our Office If You Notice:

- Pain that does not go away with your prescribed medication.
- A fever over 101°F
- Unpleasant-smelling drainage from your incisions
- Redness that spreads around the incision
- Ongoing nausea or vomiting